بسم الله الرحمن الرحيم

Medical Guidance & Teachings of Prophet Muhammed ﷺ

3rd Edition.

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Fruits are mentioned before meat in the following verses.
So fruits section is written first.
Fruits are mentioned before meat in

Quran Chapter No. 56 (Surah) Al-Waqia verse no. 20 & 21: -

وَفَاكِهَةٍ مِّمَّا يَتَخَيَّرُونَ ﴿٢٠﴾ وَلَحْمِ طَيْرٍ مِّمَّا يَشْتَهُونَ ﴿٢١﴾

And fruit; that they may choose. And the flesh of fowls that they desire.

Chapter No. 52 (Surah) At-Toor verse no. 22: -

وَأَمْدَدْنَاهُم بِفَاكِهَةٍ وَلَحْمٍ مِّمَّا يَشْتَهُونَ ﴿٢٢﴾

And We shall provide them with fruit and meat, such as they desire.

Lesson no. 27 Watermelon (البطيخ) & Mashmelon: -

Names

1. It is called Bathikh (البطيخ) in old Arabic.

2. In new Arabic Mashmelon is called as Bathikh (البطيخ).

3. In new Arabic watermelon is called as Jabjab.

4. In Hadees watermelon is called as Bathikh (البطيخ).

5. According to scholars, Bathikh (البطيخ) mentioned in Hadees is Watermelon.

6. But many scholars consider Bathikh as Mashmelon (Kharbuza).

7. We can consider both.

8. In English it is called as Watermelon.

9. In Hindi & Urdu watermelon is called as Kalinger & mashmelon is called as Kharbuza.

Arabic words written in below references are the words mentioned in respected Hadees. You can confirm the references of Hadees at *sunnah.com* & *Al-Maktab Al-Shamilah* (المكتبة الشاملة) also. You can visit my website at *www.tib-e-nabi-for-you.com*

Prophet ﷺ's guidance about water melon (البطيخ): -

Neutralizing hot potency with cold potency (Watermelon (البطيخ) & Dates (الرطب): -

1. Hazrat A'isha رضی اللہ عنہا narrates that Nabi ﷺ used to eat watermelon (البطيخ) with dates (الرطب) (fresh ripen dates) (tazi paki khajur).

[Tirmizi: 1843; Book. 25; English vol. 3; Book 23; Hadees. 1843]

2. Hazrat Anas رضی اللہ عنہ narrated that Nabi ﷺ ate musk-melon (الْخِرْبِز) & dates (الرُّطَبِ) together. *[Shama'il Muhammadiyah: 199; Book no. 30; English Book: 29; Hadees: 190]*

3. Hazrat A'isha رضی اللہ عنہا narrated that Nabi ﷺ use to eat watermelon (البطيخ) with dates (الرُّطَبِ) & use to say, heat of the one is broken by the coolness of the other & the coolness of the one by the heat of the other. *[Abu Dawud: 3836; Book. 28; English Book. 27; Hadees. 3827]*

Eating watermelon (البطيخ) on empty stomach: -

4. Nabi ﷺ guided that eating watermelon (البطيخ) before meal (empty stomach) cleans the stomach & removes diseases. *[Faizul Qadeer: 10014]*

Content of it: -

Water, vitamin C, vitamin A, vitamin B2, sulfur, phosphate, sugar, iron, copper, sodium, potassium, calcium, manganese, protein, chlorine etc.

Scientific benefits of water melon: -

1. The green colored is best, (means outer green).
2. It reduces swelling & ascities (water collection in abdomen)
3. Reduces constipation, cleans the stomach,
4. Helpful in kidney stones & increases urine output
5. If rubbed on face or wrinkles, it is best & it reduces ageing because it is rich in water, vitamin C, vitamin A,
6. Helps reducing chances of cancer.
7. Best in typhoid, joint diseases & rheumatic diseases, skin & removes free radicals.
9. It is an antioxidant (removes waste & free radicals out of the body).
10. Good for pregnancy & best in motions & dehydration.
11. It has vitamin B3, minerals, sodium, potassium, sugar, lycopene, fibers, has little protein.

Science & Hadees regarding melons: -

Melons are one of the best recommendations for health Nabi ﷺ has given us. Melons are one of the fruits rich in both vitamin C & Beta-Carotene. In addition, half a melon contains 825 milligrams of potassium (24% of the USRDA). The body uses potassium to help eliminate excessive sodium, which in large amounts can cause blood pressure to rise. In fact, in an international study of more than 10,000 people, researchers found that those with the highest potassium levels had the lowest blood pressures. In addition, potassium helps keep the body's LDL (dangerous cholesterol) from sticking to the arterial walls.

Melons also provide nutrient called folate, vitamin B complex, which is essential in combating birth defects & heart diseases. "Prevention's New Foods for Healing guide" mentions a study of almost 4,000 mothers that revealed that those who got enough folate were 60% less likely to have children with brain & spinal cord defects. Additionally, men get benefit from folate too. It controls the levels of a chemical called *"homocysteine"* in the body, which when allowed existing in excess can contribute to artery clotting & thus heart disease.

Eating cucumber & dates together: -

Please match the nutritional facts of both cucumber & dates & see what a combination, both makes a perfect nutrition & are opposite to each other. This is the miracle of Sunnah of Prophet ﷺ eating both together.

Nutritional value of dates. 100 grams of dates has 282 calories.		Nutritional value of Cucumber. 100 grams of cucumber has 16 calories only.	
Water content in dry dates	*10% - 20%*	*Water content in cucumber*	*96%*
Total Fat 0.4 g	*0%*	*Total Fat 0.1 g*	*0%*
Saturated fat 0 g	*0%*	*Saturated fat 0 g*	*0%*
Polyunsaturated fat 0 g	*0%*	*Polyunsaturated fat 0 g*	
Monounsaturated fat 0 g	*0%*	*Monounsaturated fat 0 g*	
Cholesterol 0 mg	*0%*	*Cholesterol 0 mg*	*0%*
Sodium 2 mg	*2mg*	*Sodium 2 mg*	*0%*
Potassium 656 mg	*18%*	*Potassium 147 mg*	*4%*
Total Carbohydrate 75 g	*25%*	*Total Carbohydrate 3.6 g*	*1%*
Dietary fiber 8 g	*32%*	*Dietary fiber 0.5 g*	*2%*
Sugar 63 g		*Sugar 1.7 g*	
Protein 2.4 g	*4%*	*Protein 0.6 g*	*1%*
Vitamin A	*5%*	*Vitamin A*	*2%*
Vitamin C	*%*	*Vitamin C*	*4%*
Calcium	*3%*	*Calcium*	*1%*
Iron	*5%*	*Iron*	*1%*
Vitamin D	*0%*	*Vitamin D*	*0%*
Vitamin B6	*10%*	*Vitamin B6*	*10%*
Vitamin B12	*0%*	*Vitamin B12*	*0%*
Magnesium	*10%*	*Magnesium*	*3%*
folate	*4%*	*folate 14 ug*	

Eating watermelon & dates together: -

Match the nutrition of both & judge, both are opposite to each other & the combination make a perfect nutrition. This is miracle of Sunnah of Prophet ﷺ eating both together.

Nutritional value of dates. 100 grams of dates has 282 calories.		Nutritional value of watermelon. 100 grams of watermelon has 30 calories only.	
Water content in dry dates	*10% - 20%*	*Water content in watermelon*	*92%*
Total Fat 0.4 g	*0%*	*Total Fat 0.4 g*	*0%*
Saturated fat 0 g	*0%*	*Saturated fat 0 g*	*0%*
Polyunsaturated fat 0 g	*0%*	*Polyunsaturated fat 0 g*	*0%*
Monounsaturated fat 0 g	*0%*	*Monounsaturated fat 0 g*	*0%*
Cholesterol 0 mg	*0%*	*Cholesterol 0 mg*	*0%*
Sodium 2 mg	*2mg*	*Sodium 1 mg*	*0%*
Potassium 656 mg	*18%*	*Potassium 112 mg*	*3%*
Total Carbohydrate 75 g	*25%*	*Total Carbohydrate 8 g*	*2%*
Dietary fiber 8 g	*32%*	*Dietary fiber 0.4 g*	*1%*
Sugar 63 g		*Sugar 6 g*	
Protein 2.4 g	*4%*	*Protein 0.6 g*	*1%*
Vitamin A 149 iu	*5%*	*Vitamin A*	*11%*

Vitamin C	*%*	*Vitamin C*	*13%*
Calcium	*3%*	*Calcium*	*0%*
Iron	*5%*	*Iron*	*1%*
Vitamin D	*0%*	*Vitamin D*	*0%*
Vitamin B6	*10%*	*Vitamin B6*	*0%*
Vitamin B12	*0%*	*Vitamin B12*	*0%*
Magnesium	*10%*	*Magnesium*	*2%*
folate	*4%*	*Folate 3ug*	*1%*

Conclusion of Hadees: -

Eat dates with watermelon together or eat Muskmelon with dates. Coolness of Melon beats the heat of dates. Eat it on empty stomach.

…….This lesson has 4 Hadees……..

Please refer my new book "Basic encyclopedia & basic pharmacology on Tibb e Nabawi ﷺ

Lesson no. 28 Fig (Injeer) (التين): -

Names

1. It is called Teen (التين) in Quran, Hadees & Arabic.
*2. **Fig** in English.*
3. In Latin it is called Ficus carica Linn.
4. In Persian, Urdu & Hindi it is called as Injeer.

Quranic references of Fig: -

Chapter No. 95 (Surah) Teen verse no. 1, 2, 3, 4: -

وَالتِّيْنِ وَالزَّيْتُوْنِ ۙ﴿۱﴾ وَطُوْرِ سِيْنِيْنَ ۙ﴿۲﴾ وَهٰذَا الْبَلَدِ الْاَمِيْنِ ۙ﴿۳﴾ لَقَدْ خَلَقْنَا الْاِنْسَانَ فِيْٓ اَحْسَنِ تَقْوِيْمٍ ۖ﴿۴﴾

By the Fig and the Olive, And the Mount of Sinai, And this City of security, We have indeed created man in the best of moulds

Prophet ﷺ's guidance about Injeer(التين): -

Teen (Injeer) from Jannah: -

1. Hazrat Abu Darda ؓsays that a dish full of Fig (التين) (Injeer) was presented to Nabi ﷺ once & Nabi ﷺ said us, to eat it & further said, if anyone asks me, that any fruit has been sent from paradise (الجنة), so I will say, this is the fruit, (fig) & yes it is from paradise (الجنة) & is amongst the dry fruit of paradise (Jannah) & also said, eat it, & it is a cure for piles (البواسير) & arthritis (النقرس).

[Ibn Abu Bakr Al Jauzi / At-Tibb Al-Nabawi Harfutta]

2. Hazrat Abu Zar ؓ also narrates the same above, with difference in some words. *[Kanz al-Ummal: 28280]*

Reciting Chapter 95 (Surah) TEEN in journey Salah: -

3. Hazrat Bar'a Bin Aazib ؓ say that Rasoolullah ﷺ use to recite *Chapter 95 (Surah) Teen* (التين) during the 'Isha' prayer. I have never heard anyone reciting it in a more beautiful voice than His ﷺ.

[Riyad as-Salihin: 1006; Book. 9; English Book. 9; Hadees no. 16]

4. Hazrat Bar'a ؓ say that Rasoolullah ﷺ was on a journey & recited in one of the first two rak`at of the Isha' prayer "والتين والزيتون" (Teen).

[Bukhari: 767; Book. 10; English vol. 1; Book. 12; Hadees. 734]

Content of it: -

Sugar, vitamin A, B1, B2, C, D,K, carotene, nitrogen, iron, calcium, copper, fibers, cellulose, malic acid, sodium, potassium etc.

Scientific benefits of Figs: -

1. It is easy to digest.
2. Reliefs stomach pain.
3. Best for pregnancy.
4. Good for infants (newborn) suffering from hydrocephalus (collection of fluid in the brain & due to it the size of head becomes bigger).
5. Reduces acidity.
6. Ripen whitish colored is best.
7. Cleans liver, throat, spleen etc.
8. Good in prostrate problems.
9. Reduces cough & clears the lungs.
10. Should not be eaten excessively, it may cause lice problem.
11. Removes constipation.
12. Helps in gums infection, tumors, cancers etc.
13. It increases urine output
14. Best if eaten on empty stomach (dry or wet anyone).
15. Removes kidney stones.
16. Protects from poisoning.
17. Dried one is good for nerves.
18. Has vitamin B1, B2, vitamin C, carotene, vitamin A, iron, calcium,
19. It has copper, malic acid, sugar, nitrogen, vitamin k, fibers, cellulose etc.
20. It increases haemoglobin.
21. For throat infection dip 1 Injeer in 40 ml water for some time & drink it before meal, three times a day, for 3 to 5 days.
22. Increases milk production.
23. Best in measles, dengue, lungs infection,
24. Can be used with other medicines.
25. Best for pregnancy but only one fig a day.
26. Also can be used on skin ulcers & wounds (wet one) smash it & apply on the wound.
27. It is also helpful in menstrual irregularities.
28. Can be use all season.

Science & Hadees regarding Figs: -

Nabi ﷺ said regarding figs that, "If I had to mention a fruit that descended from paradise (Jannah) I would say this is it, because the paradisiacal fruits do not have pit, eat from these fruits for they prevent hemorrhoids (piles) & help gout" (Arthritis).

Figs are a top source of fiber, as well as potassium & vitamin B6. Fiber results in bulkier stools, which lessen the incidence of constipation, hemorrhoids & colon (large intestine) cancer. Fiber also lowers cholesterol & the risk of heart disease.

Just one fig provides 20% of the (USRDA) fiber. A Harvard University study of 43,757 men of 40 to 75 age were found that those who got the most fiber had about half the risk of getting a heart attack as those who got the least. Furthermore, men who add 10 grams of fiber a day to their diet (6 figs) lowered their incidence of heart disease by 30%.

Conclusion of Hadees: -

Figs are from Jannah & are dry fruits of Jannah. Recite *Chapter 94 (Surah) Teen* In Esha Salah. It cures Piles & Arthritis.

…….This lesson has 4 Hadees……..

Please refer my new book “Basic encyclopedia & basic pharmacology on Tibb e Nabawi ﷺ

Lesson no. 29 Pomegranate (Anaar) (الرمان): -

Names

1. *It is called Rumman (الرمان) in Hadees, Quran & Arabic.*
2. *In Hindi it is called as Anaar.*
3. *In Sanskrit it is called as Dadim.*
4. *In Latin it is called as Puncia granatum Linn.*
5. *Its family is Punicacea.*
6. *In English it is called as Pomegranate.*

Quranic references of Pomegranate (Anaar) (الرمان): -

Chapter No. 6 (Surah) An'am verse no. 99: -

وَمِنَ النَّخْلِ مِنْ طَلْعِهَا قِنْوَانٌ دَانِيَةٌ وَّجَنّٰتٍ مِّنْ اَعْنَابٍ وَّالزَّيْتُوْنَ وَالرُّمَّانَ مُشْتَبِهًا وَّغَيْرَ مُتَشَابِهٍ

Out of the date-palm and its sheaths (or spathes) (come) clusters of dates hanging low and near: and (then there are) gardens of grapes, and olives, and pomegranates, each similar (in kind) yet different (in variety):

Chapter No. 6 (Surah) An'am verse no. 141: -

وَهُوَ الَّذِيْٓ اَنْشَاَ جَنّٰتٍ مَّعْرُوْشٰتٍ وَّغَيْرَ مَعْرُوْشٰتٍ وَّالنَّخْلَ وَالزَّرْعَ مُخْتَلِفًا اُكُلُهٗ وَالزَّيْتُوْنَ وَالرُّمَّانَ مُتَشَابِهًا وَّغَيْرَ مُتَشَابِهٍ ؕ

It is He Who produce the gardens, with trellises and without, and dates, and tilth with produce of all kinds, and olives and pomegranates, similar (in kind) and different (in variety): eat of their fruit in their season

Chapter No. 55 (Surah) Rahmaan verse no. 68 & 69: -

فِيْهِمَا فَاكِهَةٌ وَّنَخْلٌ وَّرُمَّانٌ ﴿٦٨﴾ فَبِاَيِّ اٰلَآءِ رَبِّكُمَا تُكَذِّبٰنِ ﴿٦٩﴾

In them will be Fruits, and dates and pomegranates: Then which of the favours of your Lord will ye deny?

Prophet ﷺ's guidance about Anaar (pomegranate) (الرمان): -

One seed of JANNAH in every Rumman (Anaar): -

1. Hazrat Anas رضی اللہ عنہ once asked to Rasoolullah ﷺ about Rumman (الرمان) (pomegranate) (Anaar); Rasoolullah ﷺ replied that there is no Rumman (الرمان) (pomegranate) (Anaar) in which there isn't one seed (حبة) of Jannah (pomegranate) Anaar (الجنة).*[Abu Nu-aim: 363]*

(Means every Rumman (الرمان) (pomegranate) (Anaar) has one seed (حبة) of Jannah).

2. Hazrat Abdullah Bin Abbas رضی اللہ عنہما had a habit, whenever he found or got a grain (حبة) of Anaar (pomegranate) (Rumman) (الرمان) he use to eat it & use to say, there is no Rumman (الرمان) (pomegranate) (Anaar) which do not have an element of Jannah (الجنة) in its grain (حبة) (dana).*[Abu Nu-aim: 802]*

Eat internal coating (parda) of Rumman (Anaar): -

3. Hazrat Ali رضی اللہ عنہ says that Nabi ﷺ said, eat Rumman (الرمان) (pomegranate) (Anaar) & its internal coating (a thin membrane like), it coats the stomach. *[Abu Nu-aim: 365]*

(The coating acts on healing of gastric ulcers & is beneficial for whole intestine).

Rumman enlightens the Qalb: -

Hazrat Ali رضی اللہ عنہ says that whoever eats Rumman (الرمان) (pomegranate) (Anaar), Allah ﷻ will enlighten (noor) his Qalb (heart). *[Abu Nu-aim: 801]*

Eat Rumman to drive away the shaitaan: -

It is mentioned in Abu Nuaim that anyone who eats Rumman (الرمان) (pomegranate), shaitaan runs away from him.

[Abu Nu-aim: 363]

Other references in Deeni Books

1. Hazrat Ibn Qayyim (ra) said sweet Anaar is good for digestive system & gives strength.
2. Anaar is hot in potency & juicy.
3. Good for throat, lungs, chest diseases & reliefs cough.
4. Its juice is Laxative (induces stools), increases sexual desire, but should not be used in fever.
5. The sour one is good in stomach infections & increases urine output.
6. It stops motion, diarrhea, vomiting etc.
7. Al Razi ﷺ says that sour reduces sexual desire.
8. Best if eaten on empty stomach.

Contents of it: -

Vitamin C, calcium, phosphates, sulphur, sodium, potassium, tannin, protein, water, iron, phosphate, manganese etc.

Scientific benefits of pomegranate: -

1. There are 3 types of pomegranate: - sweet, sour & slight bitter (The reddish coloured is best).
2. The sweet one is rich in sugar, water, protein (in seeds), fibers, tannin, citric acid, minerals, iron, phosphate, sulphur, calcium, potassium, manganese, vitamin C etc.
3. The sour one has less sugar & more citric acid, more protein in seeds, more carbohydrate.
4. The outer skin of it has tannic acid & is good for diarrhea, dysentery, bleeding in digestive tract.
5. Boil the skin of it, in little water for 15 minutes on low flame, than filter it & drink it 2 to 4 times during motions.
6. Eat it on empty stomach, it is good for digestion & strengthen the heart, lungs, liver etc.
7. Its skin is used to fix the color while dying (And also used with Mehndi). (Means the skin should be boiled in water & this water should be used).
8. Protects from gouts (Gouts means increased uric acid in blood & collection of it in various parts of body).
9. Good in infection like dengue, malaria, flu,
10. Helpful in viral infection, cold, coughs, gums & mouth problems, & also reduces swelling.
11. Good for high BP, piles,
12. Best for colitis, anemia, arthritis, TB etc.
13. Its flower is called as Gulnar & good for health.
14. Its skin root is also very helpful.
15. It is best in pregnancy, old, ill & children.
16. Anaar Dana (dried seeds) is good for digestion & acidity.
17. Removes weakness.
18. Can be used all season.

Science & Hadees regarding pomegranate: -

Hadees says that pomegranate enlightens the Qalb (heart); this is clinically proven that it is beneficial for heart disease. Pomegranate juice or pomegranates are under research for healing heart diseases, risk factors including reduce in LDL.

Including LDL oxidation, macrophage oxidative status &foam cell formation. In a limited study of hypertensive (blood pressure) patients, consumption of pomegranate juice for two weeks was shown to reduce systolic blood pressure by inhibiting serum *angiotensin-converting enzyme* (ACE inhibitor). It has sugars, Vitamin C & Iron from fruit juice, Tannic acid from rind & alkaloid pelletierine from bark.

As Hadees mentions that it has an element of Jannah, this is only said for pomegranate fruits only, it is yet to research what chemical that might be, but it has miraculous results in treatment. WE ALL should use them, they are rich in fibers thus cleans the digestive system. It kills bacteria also. Its outer skin & internal coating are very beneficial for health, especially its skin when boiled in water, this water helps in stopping loose motions.

The major class of phytochemical present in pomegranate is the polyphenols & includes flavonoids, condensed tannins & hydrolysable tannins. Hydrolysable tannins are predominant polyphenols found in pomegranate juice & account for 92% of its antioxidant activity. Pomegranate seeds are rich in sugars, polyunsaturated (n-3) fatty acids, vitamins, polysaccharides, polyphenols & minerals & have high antioxidant activity. When crushed & dried, the seeds produce oil with 80% punicic acid, the 18-carbon fatty acid, along with the isoflavone genistein, the phytoestrogen coumestrol & the sex steroid estrone. The seed coat of the fruit contains *delphinidin-3-glucoside, delphinidin-3, 5-diglucoside, cyanidin-3-glucoside, cyanidin-3, 5-diglucoside, pelargonidin-3- glucoside & pelargonidin-3,5-diglucoside* with *delphinidin 3,5-diglucoside* being the major anthocyanin in pomegranate juice.

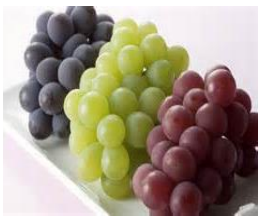
Conclusion of Hadees: -

Every pomegranate has one element of Jannah in it. Eat internal coats (parda) of it, which is inside the fruit between lobes. It is beneficial in disease. By eating it shaitaan run way. It enlightens the Qalb (heart).

…….This lesson has 5 Hadees……..

Please refer my new book "Basic encyclopedia & basic pharmacology on Tibb e Nabawi ﷺ

Lesson no. 30 Grapes & Dried Grapes (Raisins) (الزبيب): -



Names

1. It is called A'nab (plural) & I'nab (singular) & in Arabic&Quran.

2. In Hadees dried Grapes (Raisins) are called as Zabib (الزبيب).

3. In Hindi, Urdu, Persian it is called as Angoor & dried one is called as Munakka, Kishmish.

4. In Sanskrit it is called as Draksha.

5. In Latin it is called as Vitis vinifera Linn.

6. Family is Vitaceace.

7. In English dried grapes are called as Raisins

Quranic references of Grapes: -

There are 11 references about Grapes in Quran, in singular & plural form.

Chapter No. 2 (Surah) Baqarah verse no. 266: -

أَيَوَدُّ أَحَدُكُمْ أَن تَكُونَ لَهُ جَنَّةٌ مِّن نَّخِيلٍ وَأَعْنَابٍ تَجْرِي مِن تَحْتِهَا الْأَنْهَارُ ۙ

Would any of you wish to have a garden with date-palms and grapes-vines, with rivers flowing underneath

Chapter No. 6 (Surah) An'am verse no. 99: -

وَمِنَ النَّخْلِ مِن طَلْعِهَا قِنْوَانٌ دَانِيَةٌ وَجَنَّاتٍ مِّنْ أَعْنَابٍ وَالزَّيْتُونَ وَالرُّمَّانَ مُشْتَبِهًا وَغَيْرَ مُتَشَابِهٍ ۗ

out of the date-palm and its sheaths (or spathes) (come) clusters of dates hanging low and near: and (then there are) gardens of grapes, and olives, and pomegranates, each similar (in kind) yet different (in variety)

Chapter No. 13 (Surah) Ra'ad verse no. 4: -

وَفِي الْأَرْضِ قِطَعٌ مُّتَجَاوِرَاتٌ وَجَنَّاتٌ مِّنْ أَعْنَابٍ

And in the earth are tracts (diverse though) neighbouring, and gardens of grapes-vines

Chapter No. 16 (Surah) Nahl verse no. 11: -

يُنبِتُ لَكُم بِهِ الزَّرْعَ وَالزَّيْتُونَ وَالنَّخِيلَ وَالْأَعْنَابَ وَمِن كُلِّ الثَّمَرَاتِ ۗ

With it He produces for you corn, olives, date-palms, grapes and every kind of fruit

Chapter No. 16 (Surah) Nahl verse no. 67: -

وَمِن ثَمَرَاتِ النَّخِيلِ وَالْأَعْنَابِ تَتَّخِذُونَ مِنْهُ سَكَرًا وَرِزْقًا حَسَنًا

And from the fruit of the date-palm and the grape-vine, ye get out wholesome drink and food

Chapter No. 17 (Surah) Bani-Israel verse no. 91: -

أَوْ تَكُونَ لَكَ جَنَّةٌ مِّن نَّخِيلٍ وَعِنَبٍ فَتُفَجِّرَ الْأَنْهَارَ خِلَالَهَا تَفْجِيرًا ﴿٩١﴾

"Or you have a garden of date-palms and grapes, and cause rivers to gush forth in their midst abundantly;

Chapter No. 18 (Surah) Kahf verse no. 32: -

وَاضْرِبْ لَهُم مَّثَلًا رَّجُلَيْنِ جَعَلْنَا لِأَحَدِهِمَا جَنَّتَيْنِ مِنْ أَعْنَابٍ وَحَفَفْنَاهُمَا بِنَخْلٍ وَجَعَلْنَا بَيْنَهُمَا زَرْعًا ﴿٣٢﴾

And put forward to them the example of two men; unto one of them We had given two gardens of grapes, and We had surrounded both with date-palms; and had put between them green crops (cultivated fields etc).

Chapter No. 23 (Surah) Mu'minun verse no. 19: -

فَأَنشَأْنَا لَكُم بِهِۦ جَنَّٰتٍ مِّن نَّخِيلٍ وَأَعْنَابٍ ۖ لَّكُمْ فِيهَا فَوَٰكِهُ كَثِيرَةٌ وَمِنْهَا تَأْكُلُونَ ﴿١٩﴾

Then We brought forth for you therewith gardens of date-palms and grapes, wherein is much fruit for you, and whereof you eat.

Chapter No. 36 (Surah) Yaaseen verse no. 34: -

وَجَعَلْنَا فِيهَا جَنَّٰتٍ مِّن نَّخِيلٍ وَأَعْنَابٍ وَفَجَّرْنَا فِيهَا مِنَ الْعُيُونِ ﴿٣٤﴾

And We have made therein gardens of date-palms and grapes, and We have caused springs of water to gush forth therein.

Chapter No. 78 (Surah) Nabaa verse no. 31-32: -

إِنَّ لِلْمُتَّقِينَ مَفَازًا ﴿٣١﴾ حَدَآئِقَ وَأَعْنَابًا ﴿٣٢﴾

Verily, for the Muttaqun, there will be a success (Paradise) Gardens and grape yards;

Chapter No. 80 (Surah) Abas verse no. 28: -

وَعِنَبًا وَقَضْبًا ﴿٢٨﴾ And grapes and clover plants (i.e. green fodder for the cattle)

Prophetﷺ's guidance about Zabib (dried Grapes) (الزبيب): -

Benefits of Dried Grapes: -

1. Hazrat Tamim Aldariؓ once gifted some Raisins (dried grapes) (الزبيب) (Munakka) to Nabiﷺ & Nabiﷺ took them in His Hands & said, eat this, it is a healthy meal, removes tiredness, cools the anger, gives strength, makes food sweet smelling, reduces phlegm (البلغم), brightens the face. *[Abu Nu-aim: 371]*

2. Hazrat Aliؓ says that Nabiﷺ said that for your benefits there are Raisins (dried grapes) (الزبيب) (munnaka), these improves the complexion, reduces phlegm (البلغم), strengthens the organs, removes tiredness, improves mood, increases good smell in breath & removes sorrow (grief). *[Abu Nu-aim: 319]*

Use dried Grapes in inferior complex: -

3. Hazrat Aliؓ says that Rasoolullah ﷺ said that those who take 21 Raisins (dried grapes) (الزبيب) (Munakka) daily, will be free from all diseases which give rise to inferior complex. *[Abu Nu-aim: 813]*

About dried Grapes sharbat (syrup) (Nabiz): -

4. Narrated by Abu Saeed Al-Khudriؓ that Nabiﷺ forbade (disallowed) mixing Al-Busr (fresh unripen dates) with dried dates, or raisins with dried dates, or raisins with Al-Busr (fresh unripen dates), and Heﷺ said: 'Whoever among you (wants to) drink them, let him drink each one of them on its own: dried dates on their own, or Al-Busr on their own, or raisins on their own (Separately)".
[An-Nasa'i: 5568: Book. 51; English vol. 6; Book. 51, Hadees. 5571]
We should not soak the above two together to prepare Nabiz. This nabiz is syrup (sharbat) of the above when soaked in water. We can soak anyone of above & drink the Nabiz but not together. Please see the other Hadees.

5. Narrated by Ibn Abbas رضی اللہ عنہما that "Nabiz would be made for Nabiﷺ & Heﷺ would drink it on the same day, or the next day, or the third day & if there was any left Heﷺ would throw it away or gave order that it was to be thrown away."
[Ibn Ma-jah: 3399: Book. 30; English vol. 4; Book. 30, Hadees. 3399]
(Because it may turns alcoholic after 3 days).

6. Ruqaiyah Bint Amr Bin Saad رضی اللہ عنہا said "I was under the care of Ibn Umar & raisins would be soaked for him & he would drink them in the morning, then the raisins would be left to dry & other raisins would be added to them & water would be poured on top of them & he would drink that in the morning. Then the day after, he would throw them away. *[An-Nasa'i: 5702: Book. 51; English vol. 6; Book. 51, Hadees. 5705].* ***This hadith is graded as da-if (zaif) by Darusslaam.***
(Please note that the soaked raisins were not eaten).
(Grapes syrup (sharbat) means Raisins (dried grapes) were soaked in water for Rasoolullahﷺ & Rasoolullahﷺ use to drink this water, it is called as Nabiz).

7. Narrated by A'isha رضی اللہ عنہا"We used to make Nabiz for Nabiﷺ in a water skin. (Water bag made by animal skin) We would take a handful of dates or a handful of raisins & put them in it, then pour water over it. We would make that in the morning & Heﷺ would drink it in the evening, or we would make it in the evening & Heﷺ would drink it in the morning."
[Ibn Ma-jah: 3398: Book. 30; English vol. 4; Book. 30, Hadees. 3398]
(Means we should soak the raisins for few hours, example 5 to 7 hours or more).
Dates & dried Grapes are prohibited to soak together to prepare Nabiz: -

8. Narrated from Ibn Abi Laila, from one of the Companions of Nabiﷺ that Nabiﷺ guided us to never soak Balah (Raw dates) & Tamar (dried dates) together & dried dates (تمر) & Raisins (dried grapes) (الزبيب) together. (For making Nabiz)
[An-Nasa'i: 5547: Book. 51; English vol. 6; Book. 51, Hadees. 5549]

9. Hazrat Ibn Umarرضی اللہ عنہما reported that he was forbidden to prepare Nabiz by mixing unripe dates & fresh dates & dates with raisins (Zabib). *[Muslim: 1991A; Book no. 36; English Book. 23, Hadees no. 4911]*

10. Narrated by Jabirؓ that Nabiﷺ said "Do not mix raisins & dried dates, nor Busr (fresh unripen dates) & Tamar (dried dates)".
[An-Nasa'i: 5555; Book. 51; English vol. 6; Book. 51, Hadees. 5557]

11. Hazrat Ibn Abbas رضی اللہ عنہما reported that Nabiﷺ forbade the mixing of dates & raisins together & mixing of unripe dates & ripe dates together *(for preparing Nabiz)* & he wrote to the people of Jurash (in Yemen) forbidding them to prepare the mixture of dates & raisins (Zabib)*[Muslim: 1990A; Book no. 36; English Book. 23, Hadees. 4910]*

About At-tila (thick grapes juice): -

12. Narrated by Saeed Bin Al-Musayyab that "When At-tila' (thickened grape juice) has been cooked & reduced to one-third (by boiling), then there is nothing wrong with it".
[An-Nasa'i: 5723; Book. 51; English vol. 6; Book. 51, Hadees. 5726]

13. Abu Raja' said: "I asked Al-Hasan about At-tila' (thickened grape juice) that has been reduced to half. He said: 'Do not drink it".
[An-Nasa'i: 5724; Book. 51; English vol. 6; Book. 51, Hadees. 5727]

Rule of boiling our drinks: -

14. Narrated by Abdullah Bin Yazad Al-khatmi that Umar Bin Al-Khattab ؓ wrote to him (saying) cook (boil) your drinks until the share of shaitaan is gone, for he has two share & you have one. ***This Hadith is graded as Da-if (zaif) by Darussalam.*** *[An-Nasa'i: 5717; Book. 51; English vol. 6; Book. 51, Hadees. 5720]* (Means boil till 1/3 is left over & 2/3 is evaporated).

Grapes wine prohibited: -

15. Hazrat Tariq Bin Suwayd Hijriؓ says that he asked to Nabiﷺ that in our land there are grapes which we squeeze (to make wine). Can we drink from it?' Nabiﷺ answered 'No.' I repeated the question & said: 'We treat the sick with it.' He ﷺ said: 'That is no cure, it is a disease." *[Ibn Ma-jah: 3500: Book. 31; English vol. 4; Book. 31, Hadees. 3500]*

16. Hazrat Ibn Umarرضی اللہ عنہما said: "Khamr is made from five things: From dates, wheat, barley, honey & grapes".
[An-Nasa'i: 5580; Book. 51; English vol. 6; Book. 51, Hadees. 5583]
(We are not allowed to drink khamr (Alcohol).

About seeds & inner pulp of dried grapes: -

17. Hazrat Ibn Abbas رضی اللہ عنہما says that Nabiﷺ said that, eat Raisins (dried grapes) (الزبيب) (munnaka), but remove its seeds because there an aliment (in it) & there is cure in inner pulp.
[Zahbi & Healing with the medicine of the Prophetﷺ page no. 278]

How to use grapes, eat it as follows: -

1. Eat raw ripen fruit (means fresh condition).
2. Eat Raisins (dried grapes) of small size or big size.
3. Eat raw either fresh fruit or dried (But not together).
4. Best is soaked in water & drink the water (Syrup).
5. Please wash all types of grapes before use.
6. Open the dried grapes & soak it in water.
7. Seeds can be thrown.
8. Cooked with food & dishes.
9. Can be eaten with watermelon.
10. Eat on empty stomach.
11. Never eat after meals.
12. Best if eaten on empty stomach early morning.

Contents of it: -

protein, calcium, vitamin A, D, C, B1,B2, B12, sugar, carbohydrate, fibers, sodium, potassium, iron, magnesium etc.

Scientific benefits of grapes: -

It relieves fever, cough & lungs infection. It is good for digestion, constipation, beneficial in all disease, removes weakness & good for skin, organs etc.

Important please note: -

1. Please wash them before use.
2. Open the dried grapes & soak in water,
3. The seed can be removed & thrown away.

Science & Hadees regarding grapes & dried grapes: -

Grape juice has recently been found to be an important source of Flavonoids that can lower risk for cancer, lowers cholesterol, prevent hardening of the arteries & fight heart disease. In 1996 scientists noticed that although the French ate four times more butter & fats (as Americans) & had higher cholesterol & blood pressure, but they had two & a half times less incidence of heart attacks. (Because French people drink grapes juice more).

The general public was thrilled when the conclusion was finally made that the Flavonoids in red wine were responsible. (Wine is Haram), However, We can now celebrate over the recent finding that grape juice contains the same Flavonoids & nutrients as red wine (in about half the concentration) with none of the undesired side effects of alcohol (grapes wine).

Uses of raisins & grapes in cold & cough: -

Grapes & Raisins are one of the most effective home remedies for the treatment of a cough. They tone up the lungs & act as an expectorant (removes cough), it also relieve cold & cough in a couple of days. A cup of grape juice mixed with a teaspoon of honey is advised for cough relief. Grind up 3 ounces of raisins, adding water to make a paste. Add 3 ounces of white sugar & heat the mixture until it forms a sauce. Allow to cool. Take half an ounce of the mixture every night at bedtime.

Conclusion of Hadees: -

1. Raisins (dried grapes) removes tiredness, cools anger, strengthens the organ & body, reduces phlegm, improves complexion & mood, brightens the face & increases health.
2. 21 raisins are helpful in diseases or conditions causing inferior complex. Can drink its water soaked overnight (when alone soaked). Do not soak dates & raisins together & nor drink.
3. Do not drink grapes wine or other wine. Do not use thick grape juice until reduces to 1/3 by boiling. Do not use its seeds. *…….There is 17 Hadees in this lesson…….*

Lesson no. 31 Quince (Bahi, Safarjal) (السفرجل): -

Names: -

1. In Hadees it is called as Safarjal (السفرجل).
2. In Urdu & Hindi it is called as Bahi, Bihi.
3. In English it is called as Quince.
4. In Persian it is called as Shul.
5. In Sanskrit it is called as Amritphala.
6. In Latin it is called as Cydonia oblonga.

Prophet ﷺ's guidance about it: -

Benefits of Safarjal (Quince) on Qalb, Breath, Chest & Heart: -

1. Hazrat Talha رضی اللہ عنہ says that he went to Nabi ﷺ & Nabi ﷺ had Quince (Safarjal) (السفرجل) in His Hand & said, take it, oh! Talha for it soothes the heart (تُجِمُّ الْفُؤَادَ). ***This Hadith is graded as Da-if (zaif) by Darussalam.***
[Ibn Ma-jah: 3369: Book. 29; English vol. 4; Book. 29, Hadees. 3369]
2. Hazrat Jabir Bin Abdullah رضی اللہ عنہ says that Nabi ﷺ said: "Eat Quince (Safarjal) (السفرجل) because it heals cardiac problems & removes heaviness from chest. *[Kanz al-Ummal: 28258]*
3. Hazrat Anas Bin Malik رضی اللہ عنہ says that Nabi ﷺ said: "By eating Quince (Safarjal) (السفرجل), heaviness in Qalb (heart) reduces.
[Kanz al-Ummal: 28261]
4. Hazrat Auif Bin Malik رضی اللہ عنہ says that Nabi ﷺ said, Eat Quince (Safarjal) because it prevents Cardiac problems & strengthens the heart.
[Kanz al-Ummal: 28260]

Best Time to eat Safarjal (Quince): -

5. Hazrat Anas Bin Malik رضی اللہ عنہ says that Nabi ﷺ said to eat Quince (Safarjal) (السفرجل) early morning on empty stomach.
[Kanz al-Ummal: 28259]

Please refer my new book "Basic encyclopedia & basic pharmacology on Tibb e Nabawi ﷺ

Eat Safarjal (Quince) in Pregnancy: -

6. Hazrat Abdullah Ibn Masood رضی اللہ عنہ says Nabi ﷺ said "Give your pregnant to eat Quince (Safarjal) (السفرجل) & Hazrat Auf Bin Malik رضی اللہ عنہ added, it prevents Cardiac problems & makes the baby son beautiful. *[Al-Aasaar: 70 (Abdullah Ibn Masood) & Jamiul Ahadees: 15779 (Auf Bin Malik)]*

Part used is seeds, fruits.

Content of it: -

Carbohydrates, sugar, dietary fibers, fats, protein, water, zinc, vitamin A, vitamin B2, B6, B12, folic acid, calcium, iron, vitamin C, magnesium, sodium, phosphorus, malic acid, pectin etc.

Scientific benefits of Safarjal (Quince): -

1. *Helpful in tuberculosis, anorexia (lack of hunger), constipation, cardiac problems, coughs, cold.*
2. *Helps in bleeding, diabetes, injury, reduce inflammation.*
3. *It acts as an anti-biotic, anti-oxidant, anti-septic, diuretic (increase urine output) tonic, alkaline etc.*
4. *Can be eaten by all, all season in mild quantity.*

Science & Hadees regarding Quince: -

In Hadees, Quince is said to eaten on empty stomach it is good for the soul, تُجِمُّ الْفُؤَادَ means that Quince pleases / strengthens the heart, & opens the coagulation (if clots are there) والطخاءللقلب is meant for darkness, like clouds or a sand storm cover the clear sky which is then un-seen, so Quince will do the same job for the heart, it will remove the blockage & the heart will be clear & healthy Inshaallah.

Quince is astringent to the stomach & it checks excessive menstrual flow. A few seeds soaked in water after a few minutes, will turn mucilage (thick sticky) which is an excellent remedy for cough & sore throat, especially in the young. Quince is also excellent for pregnant woman, gladdening their heart. The holy Prophetﷺ said, "*Eat Quince, for it sweetens the heart*."

The best way to eat the quince is boiled or cooked in honey. The seeds of Quince (Safarjal) help against dryness in the throat, the windpipe & several other ailments. Its oil stops sweating & strengthens the stomach. Quince (Safarjal) jam strengthens the stomach & the liver & relieves the heart & the soul.

Conclusion of Hadees: -

Quince soothes & strengthens the heart, prevents & heals cardiac problems, removes heaviness in chest (Qalb), Eat it on empty stomach early morning*.....There are 6 Hadees in this lesson.....*

Lesson no. 32 Banana (طلح): -

Names

1. *Quranic name is Talh. (وطلحمنضود)*

Reference according to Hazrat Ali & Ibn Abbas رضی اللہ عنہما .

2. *Arabic name is Mawz.*
3. *In Yemen it is called as Talh.*
4. *In Hindi & Urdu it is called as Kela.*
5. *In English it is called as Banana.*

Quranic reference of banana: -

Chapter No. 56 Surah Waaqia verse no. 27 to 30: -

Allahﷻ says in above verses, about the rewards, to those on the right & they will be those on the right hand (they will be) among sidr (سدر) throne-less (lote) tree & among (وطلح منضود) *TALH* trees with fruits pilled one above another & in shades long extended.

وَأَصْحَابُ الْيَمِينِ ۙ مَا أَصْحَابُ الْيَمِينِ ﴿٢٧﴾ فِي سِدْرٍ مَّخْضُودٍ ﴿٢٨﴾ وَطَلْحٍ مَّنضُودٍ ﴿٢٩﴾ وَظِلٍّ مَّمْدُودٍ ﴿٣٠﴾

Means the right path people will get their account (Naama-e-Aamaal) on the day of Qayamah on their right hand & these people will be people of Paradise (Jannah). Those who will get their account (nam-e-aamaal) in left hand will be people of hell (Janhnum). (*Chapter No. 56 (Surah) Waaqia verse no. 27 to 30*)

References & characters of Banana tree: -

1. Al-Tabari says that the phrase in the verse no. 28 means tree loaded with fruits & no throne (on the tree).
2. Hazrat Ibn Abbasرضی اللہ عنہما narrates that, verse no. 29 means loaded with fruits & Hazrat Ikrimah ﷺ said, regarding verse no. 28, & 29, they means that they have no thrones & Talh are fruits pilled one above another.

3. The respected companion of Prophetﷺ & Tab'ieen رحمهاالله says that *Talh* is Banana & Hazrat Ali & Ibn Abbas رضی الله عنهما says that Talh is Banana & Hazrat Abu Saeed Al-khudriؓ says that Talh refers to banana & the people of Yemen call Banana as Talh.

Conclusion: -

1. The Talh tree mentioned in *Chapter No. 56 (Surah) Waaqia* is tree of Paradise (Jannah). It is a reward from Allahﷻ to the righteous people. The description given in *Chapter No. 56 (Surah) Waaqia* verse no. 27 to 34, matches with 3 types of trees:

1. Banana tree,
2. Acacia Seyal (babul),
3. Sidr (سدر) (lote tree) (Jujube)

2. I do not say that the Talh tree mentioned in *Chapter No. 56 (Surah) Waaqia* are among above tree. But I only try to explain that the character matches with the above plants or trees. Please keep your mind broad.
3. It may be confusing to many people, but there are some possible reasons, Allahﷻ's verses are for the whole world & all time. Allah ﷻ wants us to research, learn & gain knowledge.

Sayings About banana: -

1. It is known as Food of philosophers.
2. A banana a day keeps ulcers away.
3. It is known as an Excellent & smart mineral Food.
4. It is known as main sources of nutrition.
5. It is food of Intelligent.
6. Each 100mg of banana is equivalent to 100mg of meat.
7. It is known as the best food for vegetarians.

Contents: -

Rich in carbohydrate, sugar, water. It has starch, protein, vitamin C, B1, B2, B6 & B12. Also rich in minerals like potassium, iron, copper, phosphate, fluoride, calcium, cellulose, fibers, melatonin, other hormones & little sodium.

Scientific benefits: -

1. It is easy to digest, it increases digestion
2. It helps in scurvy diseases, flu, bronchitis, exhaustion, weakness & increases weight.
3. Reduces Blood pressure
4. Helps kidney function & protects atherosclerosis (hardening of arteries), teeth problems etc.
5. Good in diarrhea, liver diseases, gastric ulcers, celiac disease.
6. It is helpful in Sprue diseases.
7. Prevents acidity, acidosis & fermentation in stomach.
8. Maintain pH of stomach, blood & body.
9. Increases urine out-put.
10. Protects stomach linings & its layer.
11. Best for pregnancy & all stomach diseases.
12. Increases sperm counts, libido, youthfulness.
13. It is anti-ageing because it has melatonin.
14. Gives energy, helps brain growth, protects from all types of ulcers.
15. Good for athletes, exercising people, sports persons.
16. Good for children, old & young age people.
17. A good source of pre & post workout (exercise) food.
18. Good in taste.
19. Can be eaten raw or cooked in food.
20. Can be eaten all season.

Quantity & time to eat banana & its uses: -

One or two banana is enough a day for adults & for children up to 6 yrs half banana. Eat early morning, empty stomach or with breakfast. Those who do exercise can have more, 2 banana pre & 2 banana post workout.
It can be taken with milk. Those who have cough & cold can take it with black pepper, turmeric or honey.
Do not eat unripe banana because it has lot of starch. Eat the ripe banana because it is rich in protein, vitamin, calcium etc. Do not eat at night & do not eat with cold stuff.
Do not drink water after eating banana. Do not eat in diabetes & obesity. Raw is used in cooking purpose; making chips etc. Chew it properly. It is used in making jellies, Slices of raw banana are dried & flour is made out of it & used. Breads can be made with its flour. It is best while travelling & journeys. *.....This lesson has 1 Quranic reference.....*

Lesson no. 33 Dates Tamar (تمر) (khajur): -

Balah

Bushra

BusrRutabTamar

Ajwah

Barni

Nabiz

Gaba

(gum) of palm tree

Names

1. Latin name is Phoenix dactylifera Linn.
2. Urdu & Hindi name is khajur.
3. English name is dates.

Quranic names

It is called with various names is Quran.
1. It is called as Nakhl or Nakhil (plural) or Nakhlat (singular), 20 times in Quran.
2. It is called Leenat in Chapter 59 (Surah) Hashr verse no. 5.
3. It is mentioned as Naqir in Chapter 4 (Surah) Nisa, verse no. 53 & 124.
4. Qitmir in Chapter 35 (Surah) Fatirverse no. 13.
5. Rutab in Chapter 19 (Surah) Maryam verse no. 25.
6. Nava in Chapter 6 (Surah) An'nam verse no. 95
7. Urjoon in Chapter (Surah) Yaaseen verse no. 39

In Hadees it is mentioned under 8 names: -

The names mentioned in Hadees are different stages & different varieties of dates, among 8 names, 5 are stages of dates & 3 are types of dates.

1. *Balah:* It is the first stage of dates; the dates are unripen (raw).
2. *Bushra:* It is the second stage; dates are unripen fresh dates of yellow or red colour & are eatable.
3. *Busr:* It is the third stage of dates; now the Bushra (yellow or reddish unripen dates) start getting ripen. They are eatable. (Half ripen).
4. *Rutab:* Freshly ripen dates; mainly ripen on its tree. These are what we eat mostly, it is of brownish colour & soft & wet. (Fully ripen).
5. *Tamar:* It the fifth stage of dates; now Rutab (fresh ripen dates) gets dried up (mainly on tree).

(Also Dates are generally called as Tamar please note).

The 3 names mentioned in Hadees are types of dates: -

1. Barni. 2. Ajwah. 3. Sukhara.

Other names in Hadees: -

Bunches of dates are called as Dawaal (دوال) in Hadees. Dates syrup is called as *Nabiz* in Hadees. *GABA* of dates is called as Jimaar (جمار) in Hadees. Low quality dates are called as Hashaf (حشف) in Hadees. *Tamar* is mentioned in Hadees as general word for dates. It is important to know about the stages & names mentioned in Hadees.

Quranic references of it: -

There are 20 references of it in Quran, by the names of *Nakhl* or *Nakhil* (plural) &*Nakhlat* (singular). They are 8 times mentioned alone & 12 times mentioned with other fruits like pomegranate, grapes & olives.

1. Chapter 2	Baqarah	verse no. 266.	(Nakhil).
2. Chapter 6	An'am	verse no. 99.	(Nakhl).
3. Chapter 6	An'am	verse no. 141.	(Nakhl).
4. Chapter 13	Ra'ad	verse no. 4.	(Nakhil).
5. Chapter 16	Nahl	verse no. 11.	(Nakhil).
6. Chapter 16	Nahl	verse no. 67.	(Nakhil).
7. Chapter 17	Bani-Israel	verse no. 91.	(Nakhil).
8. Chapter 18	Khaf	verse no. 32.	(Nakhl).
9. Chapter 19	Mariam	verse no. 23.	(Nakhlat).
10. Chapter 19	Mariam	verse no. 25.	(Nakhlat & Rutab).
11. Chapter 20	Ta'ah	verse no. 71.	(Nakhl).
12. Chapter 23	Mu-minoon	verse no. 19.	(Nakhil).
13. Chapter 26	Shu-araa	verse no. 148.	(Nakhl).
14. Chapter 36	Yaaseen	verse no. 34.	(Nakhil).
15. Chapter 50	Qaaf	verse no. 10.	(Nakhl).
16. Chapter 54	Qamar	verse no. 20.	(Nakhl).
17. Chapter 55	Rahmaan	verse no. 11.	(Nakhl).
18. Chapter 55	Rahmaan	verse no. 68.	(Nakhl).
19. Chapter 69	Haqqa	verse no. 7.	(Nakhl).
20. Chapter 80	Abas	verse no. 29.	(Nakhl).

1. Chapter No. 2 (Surah) Baqarah verse no. 266: -

أَيَوَدُّ أَحَدُكُمْ أَنْ تَكُونَ لَهُ جَنَّةٌ مِّن نَّخِيلٍ وَأَعْنَابٍ تَجْرِي مِن تَحْتِهَا الْأَنْهَارُ ۙ

Would any of you wish to have a garden with date-palms and grapes-vines, with rivers flowing underneath

Chapter No. 6 (Surah) An'am verse no. 99: -

وَمِنَ النَّخْلِ مِن طَلْعِهَا قِنْوَانٌ دَانِيَةٌ وَجَنَّاتٍ مِّنْ أَعْنَابٍ وَالزَّيْتُونَ وَالرُّمَّانَ مُشْتَبِهًا وَغَيْرَ مُتَشَابِهٍ ۗ

Out of the date-palm and its sheaths (or spathes) (come) clusters of dates hanging low and near: and (then there are) gardens of grapes, and olives, and pomegranates, each similar (in kind) yet different (in variety)

Chapter No. 6 (Surah) An'am verse no. 141: -

وَهُوَ الَّذِي أَنشَأَ جَنَّاتٍ مَّعْرُوشَاتٍ وَغَيْرَ مَعْرُوشَاتٍ وَالنَّخْلَ

It is He Who produce the gardens, with trellises and without, and dates,

Chapter No. 13 (Surah) Ra'ad verse no. 4: -

وَفِي الْأَرْضِ قِطَعٌ مُّتَجَاوِرَاتٌ وَجَنَّاتٌ مِّنْ أَعْنَابٍ وَزَرْعٌ وَنَخِيلٌ صِنْوَانٌ وَغَيْرُ صِنْوَانٍ يُسْقَىٰ بِمَاءٍ وَاحِدٍ ۖ

And in the earth are tracts (diverse though) neighbouring, and gardens of grapes-vines

Chapter No. 16 (Surah) Nahl verse no. 11: -

يُنبِتُ لَكُم بِهِ الزَّرْعَ وَالزَّيْتُونَ وَالنَّخِيلَ وَالْأَعْنَابَ وَمِن كُلِّ الثَّمَرَاتِ ۗ

With it He produces for you corn, olives, date-palms, grapes and every kind of fruit

Chapter No. 16 (Surah) Nahl verse no. 67: -

وَمِن ثَمَرَاتِ النَّخِيلِ وَالْأَعْنَابِ تَتَّخِذُونَ مِنْهُ سَكَرًا وَرِزْقًا حَسَنًا

And from the fruit of the date-palm and the grape-vine, ye get out wholesome drink and food

Chapter No. 17 (Surah) Bani-Israel verse no. 91: -

أَوْ تَكُونَ لَكَ جَنَّةٌ مِّن نَّخِيلٍ وَعِنَبٍ فَتُفَجِّرَ الْأَنْهَارَ خِلَالَهَا تَفْجِيرًا ﴿٩١﴾

"Or you have a garden of date-palms and grapes, and cause rivers to gush forth in their midst abundantly;

Chapter No. 18 (Surah) Kahf verse no. 32: -

وَاضْرِبْ لَهُم مَّثَلًا رَّجُلَيْنِ جَعَلْنَا لِأَحَدِهِمَا جَنَّتَيْنِ مِنْ أَعْنَابٍ وَحَفَفْنَاهُمَا بِنَخْلٍ وَجَعَلْنَا بَيْنَهُمَا زَرْعًا ﴿٣٢﴾

And put forward to them the example of two men; unto one of them We had given two gardens of grapes, and We had surrounded both with date-palms; and had put between them green crops (cultivated fields etc).

Chapter No. 19 (Surah) Mariyam verse no. 23, 24 & 25: -

فَاَجَآءَهَا الْمَخَاضُ اِلٰى جِذْعِ النَّخْلَةِ ۚ قَالَتْ يٰلَيْتَنِىْ مِتُّ قَبْلَ هٰذَا وَ كُنْتُ نَسْيًا مَّنْسِيًّا ﴿۲۳﴾ فَنَادٰىهَا مِنْ تَحْتِهَآ
اَلَّا تَحْزَنِىْ قَدْ جَعَلَ رَبُّكِ تَحْتَكِ سَرِيًّا ﴿۲۴﴾ وَهُزِّىْٓ اِلَيْكِ بِجِذْعِ النَّخْلَةِ تُسٰقِطْ عَلَيْكِ رُطَبًا جَنِيًّا ﴿۲۵﴾

And the pains of childbirth drove her to the trunk of a date-palm. She said: "Would that I had died before this, and had been forgotten and out of sight!" Then [the babe 'Iesa (Jesus) or Jibrail (Gabriel)] cried unto her from below her, saying: "Grieve not! Your Lord has provided a water stream under you; "And shake the trunk of date-palm towards you, it will let fall fresh ripe-dates upon you."

Chapter No. 20 (Surah) Ta'ha verse no. 71: -

وَّلَاُصَلِّبَنَّكُمْ فِىْ جُذُوْعِ النَّخْلِ

and I will have you crucified on trunks of palm-trees:

Chapter No. 23 (Surah) Mu'minun verse no. 19: -

فَاَنْشَاْنَا لَكُمْ بِهٖ جَنّٰتٍ مِّنْ نَّخِيْلٍ وَّاَعْنَابٍ ۫ لَكُمْ فِيْهَا فَوَاكِهُ كَثِيْرَةٌ وَّمِنْهَا تَاْكُلُوْنَ ﴿۱۹﴾ Then We brought forth for you therewith gardens of date-palms and grapes, wherein is much fruit for you, and whereof you eat.

Chapter No. 26 (Surah) Shu'araa verse no. 148: -

وَّزُرُوْعٍ وَّنَخْلٍ طَلْعُهَا هَضِيْمٌ ﴿۱۴۸﴾

"And corn-fields and date-palms with spathes near breaking (with the weight of fruit)?

Chapter No. 36 (Surah) Yaaseen verse no. 34: -

وَجَعَلْنَا فِيْهَا جَنّٰتٍ مِّنْ نَّخِيْلٍ وَّاَعْنَابٍ وَّفَجَّرْنَا فِيْهَا مِنَ الْعُيُوْنِ ﴿۳۴﴾

And We have made therein gardens of date-palms and grapes, and We have caused springs of water to gush forth therein.

Chapter No. 50 (Surah) Qaaf verse no. 10: -

وَالنَّخْلَ بٰسِقٰتٍ لَّهَا طَلْعٌ نَّضِيْدٌ ﴿۱۰﴾

And tall (and stately) palm-trees, with shoots of fruit-stalks, piled one over another

Chapter No. 55 (Surah) Rehmaan verse no. 11: -

فِيْهَا فَاكِهَةٌ ۙ وَّالنَّخْلُ ذَاتُ الْاَكْمَامِ ﴿۱۱﴾

Therein is fruit and date-palms, producing spathes (enclosing dates);

Chapter No. 55 (Surah) Rahmaan verse no. 68 & 69: -

فِيْهِمَا فَاكِهَةٌ وَّنَخْلٌ وَّرُمَّانٌ ﴿۶۸﴾ فَبِاَيِّ اٰلَآءِ رَبِّكُمَا تُكَذِّبٰنِ ﴿۶۹﴾

In them will be Fruits, and dates and pomegranates: Then which of the favours of your Lord will ye deny?

Chapter No. 69 (Surah) Haqqah verse no. 7: -

سَخَّرَهَا عَلَيْهِمْ سَبْعَ لَيَالٍ وَّثَمٰنِيَةَ اَيَّامٍ ۙ حُسُوْمًا فَتَرَى الْقَوْمَ فِيْهَا صَرْعٰى ۙ كَاَنَّهُمْ اَعْجَازُ نَخْلٍ خَاوِيَةٍ ﴿۷﴾

Which Allah ﷻ imposed on them for seven nights and eight days in succession, so that you could see men lying overthrown (destroyed), as if they were hollow trunks of date-palms!

Chapter No. 80 (Surah) Abasa verse no. 29: -

وَّزَيْتُوْنًا وَّنَخْلًا ﴿۲۹﴾ And Olives and Dates,

Other references of dates in Quran: -

1. It is referred as *LEENAT* in *Chapter No. 59 (Surah) HASHR verse no. 5.*

مَا قَطَعْتُمْ مِّنْ لِّيْنَةٍ whether ye cut down (O ye Muslim!) The tender palm-trees,

In *Chapter No. 4 (Surah) NISA verse no. 53 & 124* it is called as *NAQIR*. (Naqir means a groove or dent on date seed)

اَمْ لَهُمْ نَصِيْبٌ مِّنَ الْمُلْكِ فَاِذًا لَّا يُؤْتُوْنَ النَّاسَ نَقِيْرًا ﴿۵۳﴾

Or have they a share in the dominion? Then in that case they would not give mankind even a Naqira (speck on the back of a date-stone) (verse no. 53)

وَمَنْ يَّعْمَلْ مِنَ الصّٰلِحٰتِ مِنْ ذَكَرٍ اَوْ اُنْثٰى وَهُوَ مُؤْمِنٌ فَاُولٰٓئِكَ يَدْخُلُوْنَ الْجَنَّةَ وَلَا يُظْلَمُوْنَ نَقِيْرًا ﴿١٢٤﴾ And whoever does righteous good deeds, male or female, and is a true believer in the Oneness of Allah ﷻ (Muslim), such will enter Paradise and not the least injustice, even to the size of a Naqira (speck on the back of a date-stone), will be done to them. (verse no. 124)

In *Chapter No. 35 (Surah) FATIR, verse no. 13*, it is called as *QITMIR*. (Qitmir means a groove or dent on dates seed or thin membrane on date seed).

اللّٰهُ رَبُّكُمْ لَهُ الْمُلْكُ ؕ وَالَّذِيْنَ تَدْعُوْنَ مِنْ دُوْنِهٖ مَا يَمْلِكُوْنَ مِنْ قِطْمِيْرٍ ﴿١٣﴾ Allah ﷻ your Lord; His is the kingdom. And those, whom you invoke or call upon instead of Him, own not even a Qitmir (the thin membrane over the date-stone)

In *Chapter No. 6 (Surah) AN'AAM verse no. 95,* it is called as *NAVA*. (Nava means date seed). اِنَّ اللّٰهَ فَالِقُ الْحَبِّ وَالنَّوٰى ؕ verily! It is Allah ﷻ Who causes the seed-grain and the fruit-stone (like date-stone etc).

In *Chapter No. 36 (Surah) YASEEN verse no. 39* it is called *AL-URJOON*. وَالْقَمَرَ قَدَّرْنٰهُ مَنَازِلَ حَتّٰى عَادَ كَالْعُرْجُوْنِ الْقَدِيْمِ ﴿٣٩﴾ And the moon, We have measured for it mansions (to traverse) till it returns like the old dried curved date stalk.

In *Chapter No. 111 (Surah) LAHAB verse no. 5* فِيْ جِيْدِهَا حَبْلٌ مِّنْ مَّسَدٍ ﴿٥﴾ in her neck is a twisted rope of Masad (palm fiber).

In *Chapter No. 54 (Surah) QAMAR verse no. 19* it is called as Nakl

اِنَّآ اَرْسَلْنَا عَلَيْهِمْ رِيْحًا صَرْصَرًا فِيْ يَوْمِ نَحْسٍ مُّسْتَمِرٍّ ﴿١٩﴾ تَنْزِعُ النَّاسَ ۙ كَاَنَّهُمْ اَعْجَازُ نَخْلٍ مُّنْقَعِرٍ ﴿٢٠﴾

Indeed, We sent upon them a screaming wind on a day of continuous misfortune, Extracting the people as if they were trunks of palm trees uprooted. It is important to know about the stages of date's maturation, because by it only, you will understand the uses of it & why it is called by different names in Quran & Hadees.

Stages of dates (According to Growth): -

It takes 6 months to get matured & undergo 5 stages (Means dates under goes, 5 stages, on tree or when stored (before use).

1. 1st stage of dates is called as *Al-HabaBook* or *Al-saddi*. In this stage the dates are like small balls & has bitter taste (on tree & are not used).
2. 2nd stage is called as *Al -Balh*. In this stage the dates are grown little bigger, green colour & pungent it taste. (On tree & are not used).
3. 3rd stage is called as *AL -Busr* or *Al- Khalla*, in this stage the dates get yellowish or reddish colour & turn sweet in taste. (On tree & can be used).
4. 4th stage is called as *Al -Rutab*, now the dates becomes soft, sweet & get brownish in colour, this stage is ripen stage & are good to use & was liked by Prophetﷺ, & it is mentioned in Quran.
5. 5th stage is called as *Ajwah*. Now the dates get softer, sticky & turn dark brownish. (Also please note Ajwah is also a type of dates & stage of dates also).
6. 6th stage is called as *Tamar*, now the dates get dried.

Prophetﷺ's guidance about dates: -

Fresh ripen dates & watermelon (Rutab & Bathikh): -

1. Hazrat Sahl Bin Saadؓ says, that Nabiﷺ use to eat fresh ripen dates (الرطب) with watermelon (البطيخ).

[Ibn Ma-jah: 3326; Book. 29; English vol. 4; Book. 29, Hadees. 3326]

Also mentioned by Hazrat A'isha رضی اللہ عنہا.

[Tirmizi: 1843: Book. 25; English vol. 3; Book. 23, Hadees. 1843]

2. Narrated by Hazrat A'isha رضی اللہ عنہا that Nabiﷺ used to eat fresh ripen dates (الرطب) with watermelon (البطيخ) & Nabiﷺ said the heat of the one is broken by the coolness of the other & the coolness of the one by the heat of the other.

[Abu Dawud: 3836; Book. 28; English Book. 27; Hadees. 3827]

Eating dates with watermelon in combination both get neutralized.

Dried ripen dates & butter (Tamar & Zubd): -

3. Narrated by 2 sons of Busar that Nabiﷺ visited Hazrat Busar's home, they presented dried ripen dates (تمر) & Butter (زبد) in honor of Nabiﷺ because both were liked (together) by Nabiﷺ.

[Ibn Ma-jah: 3334; Book. 29; In English vol. 4; Book. 29, Hadees. 3334]

(Tamar dates are dry & hard & they get moist & soft when mixed with butter or ghee thus get neutralized).

Fresh ripen dates & cucumber (Rutab & Qissa'a): -

4. Hazrat Abdullah Bin Jafar ﷺ says that Rasoolullah ﷺ use to eat cucumber (القثاء) with fresh ripen dates (الرطب).

[Tirmizi: 1844; Book. 25; English vol. 3; Book. 23, Hadees. 1844]

(Combination of both neutralizes each other).

5. Hazrat A'isha رضی الله عنها ate cucumber (القثاء) & fresh ripen dates (الرطب) together to gain weight & she successfully gained.

[Ibn Ma-jah: 3324; Book. 29; English vol. 4; Book. 29, Hadees. 3324]

About uses of two types of dates together: -

6. Narrated by Jabir Bin Abdullah ﷺ that Nabi ﷺ prohibited making Nabiz from Basr (البسر) (unripen dates) & Tamar (تمر) dates together.

[Tirmizi: 1876; Book. 26; English vol. 3; Book. 24, Hadees. 1876.]

(Nabiz is prepared by soaking dates in water & drink the same, means we should not soak two different types of dates in water & nor drink that sharbat, Nabiz).

7. Hazrat A'isha رضی الله عنها narrated that Rasoolullah ﷺ said, eat Balah (البلح) (fresh unripen dates) with Tamar (تمر) (dried ripen dates) together (or) old dates with new one & Rasoolullah ﷺ said, that seeing this shaitaan (الشيطان) gets irritated & the shaitaan (الشيطان) says that human became healthy by eating Balah (البلح) with Tamar (تمر). *[Ibn Ma-jah: 3330; Book. 29; English vol. 4; Book. 29, Hadees. 3330].* ***This Hadith is graded as Da-if (zaif) by Darussalam.***

8. Narrated by Jabir Bin Abdullah ﷺ that Busr (البسر) (semi ripen) dates with Rutab (الرطب) (fresh ripen dates) are Khamr (intoxicant).

[An-Nasa'i: 5544; Book. 51; English vol. 6; Book. 51; Hadees. 5546]

(Both should not be used together).

(Busr dates (semi ripen) are which start to get ripe, & are yellow or reddish coloured & Rutab dates are which get freshly ripen, (routinely eaten) soft, dark brownish coloured). Please note we can eat Balah (البلح) (fresh unripen dates) with Tamar (تمر) (dried ripen dates) together but we are not allowed to soak both above types of dates to prepare Nabiz (syrup) because they may turn into Alcoholic preparation & please do not soak two types of dates together.

About Rutab dates: -

9. Hazrat Sahl Bin Saad ﷺ says that Nabi ﷺ use to eat Rutab (الرطب) (fresh ripen dates) with watermelon (البطيخ).

[Ibn Ma-jah: 3326; Book. 29; English vol. 4; Book. 29, Hadees. 3326]

10. Hazrat Abdullah Bin Jafar ﷺ says that Rasoolullah ﷺ use to eat cucumber (القثاء) with fresh ripen dates (الرطب).

[Tirmizi: 1844; Book. 25; English vol. 3; Book. 23, Hadees. 1844]

11. Hazrat A'isha رضی الله عنها ate cucumber (القثاء) & fresh ripen dates (الرطب) together to gain weight & she successfully gained weight.

[Ibn Ma-jah: 3324; Book. 29; English vol. 4; Book. 29, Hadees. 3324]

About Tamar dates: -

The word Tamar may be used for a type of date (dried ripen dates) or commonly for routine dates.

12. Narrated by Hazrat A'isha رضی الله عنها that Nabi ﷺ used to eat fresh ripen dates (الرطب) with watermelon (البطيخ) & Nabi ﷺ said the heat of the one is broken by the coolness of the other & the coolness of the one by the heat of the other.

[Abu Dawud: 3836; Book. 28; English Book. 27; Hadees. 3827]

(This is regarding the above Hadees about eating dates with watermelon; by their combination both get neutralized).

13. Narrated by 2 sons of Busar that Nabi ﷺ visited Hazrat Busar's home, they presented Tamar (تمر) (dried ripen dates) & Zubd (زبد) (butter) in honor of Nabi ﷺ because both were liked (together) by Nabi ﷺ. *[Ibn Ma-jah: 3334; Book. 29; English vol. 4; Book. 29, Hadees. 3334.]* *(Tamar dates are dry & hard & they get moist & soft when mixed with butter or ghee thus gets neutralized).*

14. Hazrat Aamir Bin Saad Abu Waqqas ﷺ heard from his father that Nabi ﷺ said that anyone who eats 7 Tamar (تمر) (dates) daily, which grow between these two lava plains (two Madinah (المدينه) mountains) empty stomach, early morning, than till evening, will not be affected with poisoning (سم) & black magic (سحر) (witch craft) & if eats at evening, will be safe from poison & black magic (witch craft) till morning. *[Muslim: 2047 A; Book. 36; English Book. 23; Hadees no. 5080]*

15. Hazrat Abu Hurairah ﷺ says that Nabi ﷺ said by eating Tamar (تمر) (dates), Qalounj (القولنج) will not occur.*[Abu Nu-aim: 828. Qalounj]*

Qalounj is a condition in which we may suffer from inferior complex due to strictures, obstructions, spasm or pain

16. Hazrat Abdullah Ibn Abbas رضی اللہ عنہما says that Rasoolullah ﷺ guided that eat Tamar (تمر) (dates) on empty stomach early morning, by this worm of stomach get killed. *[Musnad Firdous: 4813]*

Jaw chapatti (bread) & tamar dates: -

17. Hazrat Yusuf Ibn Abdullah Ibn Salam رضی اللہ عنہ says that he saw Nabi ﷺ eating (jaw) barley flour chapatti (or Bread) (خبز) with Tamar (تمر) (dates) & said that dates (تمر) are equivalent to gravy with (jaw) barley chapatti (or Bread).

[Abu Dawud: 3830; Book. 28; English Book. 27; Hadees. 3821]

Discipline while eating in company of people: -

18. Hazrat Abdullah Bin Umar رضی اللہ عنہما reported that Nabi ﷺ said, do not pick more than one dates at the time, nor pick 2 or more to eat, without permission, (when we are eating in company of people).

[Tirmizi: 1814, Book. 25; English vol. 3; Book. 23; Hadees. 1814]

(We should not pick any eatables more than one, while we eat in company of people; this may be in regards of all types of eatables).

A position of sitting while eating dates: -

19. Hazrat Anas Bin Malik رضی اللہ عنہ says that he saw Nabi ﷺ eating Tamar (تمر) (dates) in sitting position on heels.

[Muslim: 2044 a; Book no. 36; English Book. 23; Hadees no. 5073]

Hasis (Hais) (a sweet dish): -

20. Narrated by Hazrat Anas Bin Malik رضی اللہ عنہ that Nabi ﷺ married Hazrat Safiya رضی اللہ عنہا & called people for a feast (as dawat e valima) & served people with Hais, (Hasis) on a piece of leather (dastarkhwaan). *[Bukhari: 5387; Book. 70; English vol. 7; Book. 65; Hadees. 299]*

Hais (Hasis) is a sweet dish (halwa) prepared from Tamar (تمر) dates, milk, jaw (barley), ghee, paneer etc.

Importance of having dates in house: -

21. Hazrat A'isha رضی اللہ عنہا says that Nabi ﷺ said that a family which has dates (تمر) will not be hungry.

[Muslim: 2046; Book. 36; English Book. 23; Hadees. 5078]

22. Narrated by Hazrat A'isha رضی اللہ عنہا that Rasoolullah ﷺ said the house which do not have dates (تمر) those people are (will be) hungry. *[Tirmizi: 1815, Book. 25; English vol. 3; Book. 23, Hadees. 1815]*

23. Narrated by Ubaidullah Bin Abu Rafi from his grandmother Salma رضی اللہ عنہا says that Nabi ﷺ said that the house which does not have dates (تمر) the house is as, there is no food.

[Ibn Ma-jah: 3328; Book. 29; English vol. 4; Book. 29, Hadees. 3328]

Dates & Dinner: -

24. Narrated by Anas Bin Malik رضی اللہ عنہ that Nabi ﷺ said that, Always eat dinner & if you have nothing to eat, at least eat few Hashaf (حشف) (low quality dates) (or handful of something to eat) because skipping dinner will make you old & weak. ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Tirmizi: 1856; Book. 25; English vol. 3; Book. 23, Hadees. 1856]

25. Narrated by Jabir Bin Abdullah رضی اللہ عنہ that, Nabi ﷺ said never skip dinner, though you only have few dates (تمر), eat them because skipping dinner will make you old. ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Ibn Ma-jah: 3355; Book. 29; English vol. 4; Book. 29, Hadees. 3355]

About old dates: -

26. Narrated by Anas Bin Malik رضی اللہ عنہ that somebody presented some old dates to Nabi ﷺ & Nabi ﷺ started opening the dates (تمر) to see (the worm). *[Ibn Ma-jah: 3333; Book. 29; English vol. 4; Book. 29, Hadees. 3333].* ***This Hadith is graded as Da-if (zaif) by Darussalam.***

About half ripen dates (Busr): -

27. Hazrat Abu A'seeb رضی اللہ عنہ says, that one night Nabi ﷺ took Hazrat Abu Aaib, Abu Bakr, Umar رضی اللہ عنہم to an Ansari's dates garden & asked the owner of the garden to give Busr (بسر) (half ripen dates), the owner went & brought branches of dates & all ate to their satisfaction.

[Musnad Ahmed: 20787]

About Ajwah Dates: -

28. Hazrat Ra'fe Bin Umar Al Majni رضی اللہ عنہ says that, Rasoolullah ﷺ said that Ajwah (العجوة) & Sukhara (الصخرة) both are from Jannah (الجنة).

[Ibn Ma-jah: 3456; Book. 31; In English vol. 4; Book. 31, Hadees. 3456]

29. Hazrat A'isha رضی اللہ عنہا says that, Rasoolullah ﷺ guided that the Ajwah dates of 'Aliya' contain healing effects & these are antidote (for poisoning) if eaten early morning.

[Muslim: 2048; Book. 36; English Book. 23; Hadees. 5083]

30. Hazrat Saad رضی اللہ عنہ says that Rasoolullah ﷺ guided that eat 7 Ajwah (عجوة) (dates) early morning empty stomach, that day, the person will be safe from poisoning (سم) & black Magic (سحر) (witch craft).

[Bukhari: 5769; Book. 76; English vol. 7; Book. 71; Hadees. 664]

31. Hazrat A'ishaرضی اللہ عنہاsays that Nabiﷺ guided to use 7 Ajwah (عجوۃ) (dates) of Madinah (المدینہ) for 7 days; this helps in curing Juzam (الجزام). *[Abu Nu-aim: 899]* *(Juzam is kodh) (Leprosy or a severe skin disease)*

32. Hazrat Sa'ad Bin Abi Waqqasؓ says that he fell ill, he had chest pain, Rasoolullahﷺ visited him & kept His respected Palm on Hazrat Sa'adؓ chest, Hazrat Sa'adؓ felt the soothing effect in his whole chest & Rasoolullahﷺ prayed for him, & said that Sa'ad is suffering from cardiac problem & Rasoolullahﷺ advised to take Hazrat Sa'adؓ to Haris Bin Kuladah (a hakim) & said the physician should give 7 Ajwah (عجوۃ) (dates) of Madinah (المدینہ) crushed & with its seed grinded & put it in your mouth. ***This Hadith is graded as da-if (zaif) by Al-Albani.*** *[Abu Dawud: 3875; Book. 29; English Book. 28; Hadees. 3866]*

Cure for poisoning: -

33. Narrated by Hazrat Abu Hurairahؓ that Nabiﷺ said that Ajwah (عجوۃ) (dates) are from Jannah (الجنۃ) & in it there is cure (شفاء) for poisoning (سم)& Kamaat (الکماۃ) (Mushrooms or Truffles) are among Mann (المن) (a reward) & its water is cure (شفاء) for eye (العین) diseases. *[Tirmizi: 2066; Book. 28; English vol. 4; Book. 2; Hadees. 2066]*

(Mushroom or Truffles grow by their own & no human efforts are required so they are called as Mann) (Refer lesson no. 68; mushroom & truffles in part 2 of this book).

Jimaar (Gaba of dates) & Palm Date tree compared with Muslims: -

34. Hazrat Abdullah Bin Umar رضی اللہ عنہما says that we were sitting with Nabiﷺ, Jimaar (جمار) (Gaba of dates) was sent by someone, than Nabiﷺ asked "Among all trees, which tree is like Muslim & Allahﷻ has given Barkat in it?" (As Barkat Muslims have) than Nabi ﷺ answered (Himself) that it is Nakhl (النخلۃ) (palm date tree).

[Bukhari: 5444; Book. 70; In English vol. 7; Book. 65; Hadees. 355] *(Jimaar is GABA of dates; it is obtained from gum of dates trees).*

Guidance about dates during illness & after illness: -

35. Hazrat Umme Munzir رضی اللہ عنہا says that, Rasoolullahﷺ & Hazrat Aliؓ both came home, she had Dawaal (دوال) (bunches of dates), she served Dawaal to both, both started to eat the dates, but when Hazrat Aliؓ had eaten 7 dates (approximately) he was stopped by Rasoolullahﷺ from eating more, & He ﷺ said to Hazrat Aliؓ that you were ill last days & now you are weak, so do not eat more, Hearing to his Hazrat Umme Munzir رضی اللہ عنہا prepared Sareed(ثرید) (thin gravy) of meat, beet root & chapatti (خبز) from barely flour (الشعیر) & served to both, on this Rasoolullahﷺ said to Hazrat Aliؓ eat this dish, this is beneficial for you.

[Tirmizi: 2036; Book. 28; English vol. 4; Book. 2; Hadees. 2036]

36. Hazrat Suhaibؓ reports that his right eye was paining & he was eating Tamar (تمر) (dates), looking to this; Rasoolullahﷺ said that, you are eating Tamar (تمر) (dates) in spite of eye pain, On this Hazrat Suhaibؓ replied that I am eating from left side & my right eye is paining. *[Baihaqi: 20047]*

(He was eating from left side of the mouth while his right eye was suffering from infection).

Please read the Hadees below & note the rules from which side of the mouth we should eat during illness.

Qatadah narrated from Abu Abdullah that Zaid Bin Arqam ؓ said that Nabiﷺ would acclaim olive oil (الزَّيْتَ) & Memecylon (الْوَرْسَ) (Warss) for (the treatment of) pleurisy." Qatadah said: "And it is put in the mouth on the side which he is suffering ". ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Tirmizi: 2078; Book. 28, English vol. 4; Book. 2, Hadees. 2078]

About Barni dates: -

37. Hazrat Anas Bin Malikؓ says that Nabiﷺ said that among the Tamar (تمر) (dates) you have, Barni (البرنی) (it is a type of dates) are the best, there is cure for diseases in it & have no harmful effects.

[Mustadrak Al Hakim: 7450]

About breaking fast: -

38. Salman Bin Amrؓ narrated that Nabiﷺ guided us to break the fast with Tamar (تمر) (dates) & if dates are not present than break the fast with water because water is pure (paak).

[Ibn Ma-jah: 1699; Book. 7; English vol. 1; Book. 7; Hadees. 1699]

39. Hazrat Anas Bin Malikؓ says that Rasoolullahﷺ use to break the fast before Magrib Salah with fresh ripen dates (الرطب) or old dates which ever would be present, if dates would not be present, than broke the fast with water.

[Abu Dawud: 2356; Book. 14; English Book. 13; Hadees. 2349]

About Tahneek: -

40. Hazrat Asma Bint Abu Bakrرضی اللہ عنہا gave birth to a son (in Quba), this birth was the first birth in Muslim society, Means, that time the Yahudis of Madinah had challenged the Muslims, that due to their Black magic no Muslim lady will give birth to any child, On the birth of her son (Abdullah Bin Zubair رضی اللہ عنہما) all Muslims gathered & sang slogans of Takbir loudly. Hazrat Asma Bint Abu Bakr رضی اللہ عنہاtook the infant to Rasoolullahﷺ, Rasoolullahﷺ took the infant in His respected Laps & called for Tamar (تمر) (date) & chewed the date & put His respected saliva in the mouth of the child so that the first thing entered the child stomach was saliva of Nabiﷺ;

He ﷺ then pat the chewed date into the infant's mouth & rubbed it on the upper palate of the infant & prayed for Barkat.
[Bukhari: 5469; Book. 71; English vol. 7, Book. 66; Hadees. 378]
Some parts of Hadees are taken from other Hadees. The above act of dates to be spatted & rubbed on infant's upper palate is called as TAHNEEK.
41. Hazrat Abu Moosa Ashari ؓ says that Tahneek was done by Nabi ﷺ to his infant, & also Rasoolullah ﷺ named his infant as Ibrahim.
[Bukhari: 5467; Book. 71; English vol. 7, Book. 66; Hadees. 376]
Tahneek: -
It is to take a date or something sweet in our mouth & chew it a little, than put the date or the sweet thing into newborn's mouth & rub the date at upper palate of newborn's mouth for a while. Nabi ﷺ use to do it, this is a Sunnah, which we should do it. Nowadays newborn suffer from juvilian diabetes & lack of glucose, which causes brain damage of newborn, by this Sunnah we can solve many problems of newborn.
Dried Grapes (raisins) & Tamar dates together prohibited: -
42. Hazrat Jabir Bin Abdullah رضی اللہ عنہما reported that Nabi ﷺ prohibited the mixing of dried grapes (raisins) (Zabib) & dates & dry dates (Tamar) & fresh dates (Basr).
[Muslim: 1986 A; Book. 36; English Book. 23; Hadees. 4896]
43. Abdullah Bin Abu Qatadah, from his father Nabi ﷺ guided, do not combine fresh dates & unripe dates, or raisins & dates; rather make Nabiz (syrup) with each one of them on its own" (Separately).
[Ibn Ma-jah: 3397; Book. 30; English vol. 4; Book. 30, Hadees. 3397]
About Nabiz: -
According to many references & scholars, Nabi ﷺ liked Nabiz very much. Nabiz is syrup prepared by dates or raisins soaked overnight in water & this syrup (sharbat) should be drunk & this is called as Nabiz. But do not soak two types of dates together nor dates with raisins.
44. Hazrat Sahl Bin Sa'ad ؓ narrates that Abu Usaid As-Sa'di ؓ invited Rasoolullah ﷺ at his Valima feast (marriage party) & after meal Nabiz was given to Nabi ﷺ to drink.
[Bukhari: 5176; Book. 67; English vol. 7; Book. 62; Hadees.105]
45. Narrated by Jabir Bin Abdullah ؓ that Nabi ﷺ prohibited making Nabiz from Busr (البسر) (unripen dates) & Tamar dates together.
[Tirmizi: 1876; Book. 26; English vol. 3; Book. 24; Hadees. 1876]
46. Narrated by Abu Saeed ؓ that Nabi ﷺ prohibited mixing of unripen dates & dates together & mixing of Raisins (dried grapes) & dates for making Nabiz & prohibited the jars that Nabiz is made in.
[Tirmizi: 1877; Book. 26; English vol. 3 Book. 24, Hadees. 1877]
(Nabiz is prepared by soaking dates in water & drink this Nabiz means we should not soak two different types of dates in water).
47. *Nabi ﷺ prohibited to prepare Nabiz if the following:*
Earthen pots,
Dubba (pumpkin),
trunk of palm dates tree,
coated pitch,
green pot
& said I forbid you to use the above, but they do not make anything lawful or unlawful, but every intoxicant is unlawful.
[Tirmizi: 1867, 1868, 1869; Book. 26; English vol. 3, Book. 24, Hadees. 1867, 1868, 1869]
(Means Nabiz gets toxic or alcoholic by the above means).
48. Narrated by A'isha رضی اللہ عنہا that we use to prepare Nabiz for Nabi ﷺ in a water skin (water bag) which was tie at the top & it had a small hole in it, Nabiz prepared in morning was drank at evening & which was prepared at evening was drank at morning.
[Tirmizi: 1871; Book. 26; English vol.3; Book. 24, Hadees. 1871]
A Feast: -
49. Hazrat Anas ؓ says that once my mother Umme Sulem رضی اللہ عنہا asks me to give a basket of dates to Rasoolullah ﷺ, Hazrat Anas ؓ went to Rasoolullah ﷺ's home, but he came to know that Rasoolullah ﷺ has gone to a feast at his ex-slave to whom Nabi ﷺ had freed in past. (Actually Nabi ﷺ had freed this slave; the slave became a good tailor & earned good money for himself. Now he had invited Nabi ﷺ for a feast along with some companions of Nabi ﷺ). When Hazrat Anas ؓ reach the slave's place, everybody was eating, Hazrat Anas ؓ was asked to join the feast & he did. They were served with Sareed (ثريد) made from pumpkin (kara'a), dried meat & jaw (barley) chapatti. Hazrat Anas ؓ knew that pumpkin (kara'a) was favourite to Rasoolullah ﷺ & he use to collect pieces of pumpkin (kara'a) in front of Rasoolullah ﷺ.

Than after the feast, Hazrat Anasﷺ & Rasoolullahﷺ went to Rasoolullahﷺ's home & Hazrat Anasﷺ gave the basket of dates. (The respected) Rasoolullahﷺ was eating the dates & distributing the dates among people, till the dates finished.

(Bukhari: 5379 & 5420; Book. 70; English vol. 7 Book. 65; Hadees. 291 & 331)
[Ibn Ma-jah: 3303; Book. 29; In English vol. 4; Book. 29, Hadees. 3303]
(& also from other reference all are mixed & written, please note).

QURAN reciting people: -

50. Hazrat Abu Musa Al-Ash'ariﷺ says that Rasoolullahﷺ said "A believer who recites Qur'an is like an orange whose fragrance is sweet & whose taste is sweet, a believer who does not recite Qur'an is like a date which has no fragrance but has a sweet taste & the hypocrite (munafiq & faajir) who recites Qur'an is like (Rayhan) basil whose fragrance is sweet, but whose taste is bitter & a hypocrite (munafiq & faajir) who does not recite Qur'an is like the colocynth which has no fragrance & has a bitter taste.

[Bukhari: 5427; Book. 70; English vol. 7 Book. 65; Hadees. 338]
(Colocynth is a bitter cucumber & also bitter apple).

Rutab dates for menstrual problems: -

51. Hazrat Abu Hurairahﷺ says, that Nabiﷺ said, that in my knowledge (الرطب) fresh ripen dates are best remedy for excessive menstrual flow & Honey (العسل) is best for patients (المريض).

[Abu Nu-aim: 459]

A preparation with fenugreek seeds (Hulba) (Methi) for sick person: -

52. Once Hazrat Saad Bin Abi Waqqasﷺ fell ill in Makkah, Nabiﷺ visited him & asked to call a doctor, Al Haris Bin Kuladah was called, he came & examined Hazrat Saadﷺ & said he is not serious & advised to take dates (khajur), barley (jaw) & boiled fenugreek (seeds) (Methi) water & prepare soup like gravy (broth) (daliya) than put honey in it & give to Hazrat Saadﷺ at early morning (luke warm). & Hazrat Saadﷺ got well; Nabiﷺ liked the preparation advised by Al Haris Bin Kuladah.

[At-tibb Al-Nabawi Harful Haa vol. 1; page no. 230]

53. Hazrat Sa'adﷺ says that he fell ill, he had chest pain, Rasoolullahﷺ visited him & kept His Respected Palm on Hazrat Sa'adﷺ chest, Hazrat Sa'adﷺ felt the soothing effect in his whole chest & Rasoolullahﷺ prayed for him, & said that Sa'ad is suffering from cardiac problem. & Rasoolullahﷺ advised to take Hazrat Sa'adﷺ to Haris Bin Kuladah (a hakim) & Rasoolullahﷺ said the physician should give 7 Ajwah dates (عجوة) of Madinah (المدينه) crushed & with its seed grinded & put it in the mouth.

[Abu Dawud: 3875; Book no. 29; English Book. 28; Hadees no. 3866]. ***This Hadith is graded as da-if (zaif) by Al-Albani.***

About Gaba of dates (Jimaar) (جمار): -

It is called Jimaar & Shaham Annakhal in Arabic, & in Hadees it is called as Jimaar (جمار), it is obtained from date tree, it is gum of palm date tree. It is used for the following: - Loose motion, chest pain, TB, throat infection, soar voice, cough & cold, it makes the intestine strong, strengthens the body, makes blood pure, reduces swelling of kidneys, maintains general health, removes weakness, can be applied on wounds, But first the gum should be purified & than used.

Content of dates: -

Glucose, sugar, vitamin A, vitamin B1, B2, B3, B12, calcium, phosphate, potassium, sulphur, sodium, magnesium, cobalt, zinc, fluorine, copper, manganese, cellulose, fructose, biotin, amino acids, fibers, carbohydrates, water, fats, iron etc. Fresh dates have pitocin hormone which helps in delivery, it contracts the uterus.

Scientific benefits of dates: -

1. It helps in constipation.
2. Helpful in delivery (child birth) (Fresh dates).
3. Have great nutritive values.
4. Nourishes the brain.
5. Improves the peristalsis movement of intestine.
6. It forms RBC, bone marrow, haemoglobin thus good in anaemia etc.
7. Maintains pH level of blood.
8. Reduces weight, fats & slims the body.
9. Protects against cancers.
10. Increases urine output, libido.
11. Strengthens the bone, teeth, eye sight & ear nerves.
12. Reduces thyroid activity, so helpful in hyperthyroidism.
13. Helpful for liver function, dry lips, dry skin, cracked nails etc.
14. It improves the function of urinary bladder, stomach & intestines.
15. Best for pregnancy.
16. Helps in kidney stones, gall stones, gouts, blood pressure, piles etc.
17. Can be eaten all season all age.

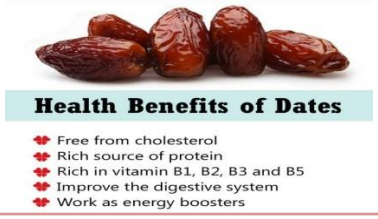
18. Can be used in all diseases but in little quantity.

Science & Hadees regarding Dates: -

Prophet ﷺ said, "Whoever takes seven 'Ajwah dates in the morning will not be effected by magic or poison on that day." Nabi ﷺ has also said, "*There is a tree among the trees which is similar to a Muslim (in goodness) & that is the date palm tree*." As Muslims we are wise to include these foods in our diet. Allah ﷻ has blessed us with many good foods & in Quran (Surah) A'araaf verse no. 160) it is said "*Eat of the good foods We have provided for you*."

Prophet ﷺ used to break the fast by eating some dates before offering *Magrib* (sunset) prayer & if ripe dates were not available, he used to substitute them with some dried dates. When they too were not available, he used to have a few sips of water, according to some reports. Modern science has proved that dates are part of a healthy diet. They contain sugar, fat & proteins, as well as important vitamins. Hence the great importance attached to them by the Prophet ﷺ.

Dates are also rich in natural fibers & natural vitamin & other necessary elements, thus prevent cholesterol & triglycerides from increasing & prevent cardiac diseases. Modern medicine has shown that they are effective in preventing abdominal cancer. They also surpass other fruits in the sheer variety of their constituents. They contain oil, calcium, sulphur, iron, potassium, phosphorous, manganese, copper & magnesium. In other words, one date is the equivalent of a balanced & healthy diet. Arabs usually combine dates with milk & yogurt or bread, butter (A sweet dish called as Hais is Sunnah & beloved to Prophet ﷺ). This combination indeed makes a balanced & nutritious diet for both mind & body. Dates & date palms have been mentioned in the Holy Quran nearly 20 times, thus showing their importance. Prophet ﷺ compared good Muslims with the date palm tree, saying: *"Among trees, there is a tree like a Muslim. Its leaves do not fall."*


Health Benefits of Dates
Free from cholesterol
Rich source of protein
Rich in vitamin B1, B2, B3 and B5
Improve the digestive system
Work as energy boosters

Maryam (Mary) عليها السلام, the mother of Isaa عليه السلام (Jesus) was advised to eat dates as her food when she felt labour pains, during her confinement. Dates are definitely the "crown of sweets & an ideal food which is easy to digest & within half an hour of taking it, the tired body regains vigor. The reason for this is that lack of sugar in the blood & is the main factor that makes people feels hungry. When the body absorbs the nutritional essence of a few dates, the feeling of hunger becomes appeased. Breaking the fast with dates helps one avoid over-eating later.

Experiments have also shown that dates contain some stimulants that strengthen the muscles of the uterus in the last months of pregnancy. This helps the dilation of the lower part of uterus (lower segment) at the time of delivery & reduces the bleeding after delivery (PPH). Dieticians consider dates as the best food for women in confinement & those who are breast-feeding. This is because dates contain elements that assist in alleviating depression in mothers & enriching the breast-milk with all the elements needed to make the child healthy & resistant to disease. Prophet ﷺ has emphasized the importance of dates & their effectiveness. He ﷺ has also recommended dates for excessive menstruation. Modern dietitians now recommend dates to be given to children suffering from nervous disorders or hyperactivity. Prophet ﷺ has also recommended dates as a medicine for heart troubles, according to some reports. Modern science has also proved the effectiveness of date, in preventing diseases of the respiratory system.

Science & Tahneek: -

It is to take a date or something sweet in our mouth & chew it a little, than put the date or the sweet thing into newborn's mouth & rub the date at upper palate of newborn's mouth for a while. Nabi ﷺ use to do it, this is a Sunnah, which we should do it. Now days, newborn suffer from juvilian diabetes & lack of glucose, which causes brain damage of newborn, by this Sunnah we can solve many problems of newborn.

Eating cucumber & dates together: -

Cucumber & dates: cucumber has a cold effect & dates have a hot one. By combining the two it becomes neutralized. From this Hadees we gather that it is recommended that the effect (hot or cold) of things eaten should be taken into

consideration. Cucumber is insipid & tasteless & dates are sweet which results in the cucumber also tasting sweet. Both are opposite to each other & cucumbers are rich in water content.
Please match the nutritional facts of both cucumber & dates & see what a combination, both makes a perfect nutrition & are opposite to each other. This is the miracle of Sunnah of Prophet ﷺ eating both together.

Nutritional value of dates. 100 grams of dates has 282 calories.		Nutritional value of Cucumber. 100 grams of cucumber has 16 calories only.	
Water content in dry dates	*10% - 20%*	*Water content in cucumber*	*96%*
Total Fat 0.4 g	*0%*	*Total Fat 0.1 g*	*0%*
Saturated fat 0 g	*0%*	*Saturated fat 0 g*	*0%*
Polyunsaturated fat 0 g	*0%*	*Polyunsaturated fat 0 g*	
Monounsaturated fat 0 g	*0%*	*Monounsaturated fat 0 g*	
Cholesterol 0 mg	*0%*	*Cholesterol 0 mg*	*0%*
Sodium 2 mg	*2mg*	*Sodium 2 mg*	*0%*
Potassium 656 mg	*18%*	*Potassium 147 mg*	*4%*
Total Carbohydrate 75 g	*25%*	*Total Carbohydrate 3.6 g*	*1%*
Dietary fiber 8 g	*32%*	*Dietary fiber 0.5 g*	*2%*
Sugar 63 g		*Sugar 1.7 g*	
Protein 2.4 g	*4%*	*Protein 0.6 g*	*1%*
Vitamin A	*5%*	*Vitamin A*	*2%*
Vitamin C	*%*	*Vitamin C*	*4%*
Calcium	*3%*	*Calcium*	*1%*
Iron	*5%*	*Iron*	*1%*
Vitamin D	*0%*	*Vitamin D*	*0%*
Vitamin B6	*10%*	*Vitamin B6*	*10%*
Vitamin B12	*0%*	*Vitamin B12*	*0%*
Magnesium	*10%*	*Magnesium*	*3%*
folate	*4%*	*folate 14 ug*	

Eating watermelon & dates together: -

Match the nutrition of both & judge, both are opposite to each other & the combination make a perfect nutrition. This is miracle of Sunnah of Prophet ﷺ eating both together.

Nutritional value of dates. 100 grams of dates has 282 calories.		Nutritional value of watermelon. 100 grams of watermelon has 30 calories only.	
Water content in dry dates	*10% - 20%*	*Water content in watermelon*	*92%*
Total Fat 0.4 g	*0%*	*Total Fat 0.4 g*	*0%*
Saturated fat 0 g	*0%*	*Saturated fat 0 g*	*0%*
Polyunsaturated fat 0 g	*0%*	*Polyunsaturated fat 0 g*	*0%*
Monounsaturated fat 0 g	*0%*	*Monounsaturated fat 0 g*	*0%*
Cholesterol 0 mg	*0%*	*Cholesterol 0 mg*	*0%*
Sodium 2 mg	*2mg*	*Sodium 1 mg*	*0%*
Potassium 656 mg	*18%*	*Potassium 112 mg*	*3%*
Total Carbohydrate 75 g	*25%*	*Total Carbohydrate 8 g*	*2%*
Dietary fiber 8 g	*32%*	*Dietary fiber 0.4 g*	*1%*
Sugar 63 g		*Sugar 6 g*	
Protein 2.4 g	*4%*	*Protein 0.6 g*	*1%*
Vitamin A 149 iu	*5%*	*Vitamin A*	*11%*
Vitamin C	*%*	*Vitamin C*	*13%*
Calcium	*3%*	*Calcium*	*0%*
Iron	*5%*	*Iron*	*1%*
Vitamin D	*0%*	*Vitamin D*	*0%*
Vitamin B6	*10%*	*Vitamin B6*	*0%*
Vitamin B12	*0%*	*Vitamin B12*	*0%*
Magnesium	*10%*	*Magnesium*	*2%*
folate	*4%*	*Folate 3ug*	*1%*

Conclusion of Hadees: -

1. Eat fresh ripen dates & watermelon or Mashmelon together because one cools the other. Eat the following together: butter & dried dates together, cucumber & dates, Balah (fresh unripen dates) & Tamar (dried dates).
2. Avoid making Nabiz (syrup) from two types of dates or dates & raisins, semi ripen dates & ripen dates together are Khamr (intoxicant). 7 Ajwah dates eaten early morning on empty stomach prevents black magic, evil eye, cardiac problems, skin disease & are from Jannah.
3. Dates if eaten early morning on empty stomach are helpful in worm infection, inferior complex. Keep dates always at home & it has Barkat in it, as Muslims have. Do not pick more than 1 dates at a time to eat, do not eat excessively during or after illness, 7 dates at one time are best. They are best nutrition, do Tahneek to newborn with dates.*.....This lesson has 53 Hadees.....*

Please refer my new book "Basic encyclopedia & basic pharmacology on Tibb e Nabawi ﷺ

Lesson no. 34 Citric fruits (الاترج) (Oranges etc): -

Introduction: -

There are many different types of citric fruits like oranges, lemon, lime, sweet lemon, citron, Malta, fafanas, chakotra etc.There are many different types of lemons, limes, oranges etc. All should be used. But oranges are specially mentioned.

Names

1. In Hadees oranges & citron are called as Atraj (الاترج).
2. In Urdu & Hindi it is called Santra & Narangi.
3. In English it is called as Orange & Citron.

Prophet ﷺ's guidance about citric fruits: -

About orange or citron (Atraj) & Muslims: -

1. Hazrat Abu Musa Al-Ash'ari رضي الله عنه says that Rasoolullah ﷺ said "A believer who recites Qur'an is like an orange whose fragrance is sweet & whose taste is sweet, a believer who does not recite Qur'an is like a date which has no fragrance but has a sweet taste & the hypocrite (munafiq & faajir) who recites Qur'an is like (Rayhan) basil whose fragrance is sweet, but whose taste is bitter & a hypocrite (munafiq & faajir) who does not recite Qur'an is like the colocynth which has no fragrance & has a bitter taste.

[Bukhari: 5427; Book. 70; English vol. 7; Book. 65; Hadees. 338]

(Colocynth is a bitter cucumber & also bitter apple).

Benefits of Oranges or Citrons (Atraj): -

2. Hazrat Abdul Rehman Bin Dilham ﷺ says that Nabi ﷺ said that for you Oranges (or citrons) (الاترج) have many benefits, it reduces heart diseases & strengthens the heart. *[Jamius Sageer volume. 2; page. 139]*

Use oranges or citron (Atraj) & honey together: -

3. Hazrat Masrooq ﷺ say that he found Hazrat A'isha رضی اللہ عنہا feeding Hazrat Ibn Umme Maktoom رضی اللہ عنہما (a blind) with oranges (اترج) dipped in Honey (عسل). *[Mojam Ausat: 9404]*

*Note: -*Hazrat Ibn Umm Maktoom ﷺ was a blind sahabhi for whom *Chapter No. 80 (Surah) Aabasa* was send by Allah ﷻ

About eating with sick, blind & lame: -

Chapter No. 24 (Surah) An-Noor verse no. 61: -

لَيْسَ عَلَى الْاَعْمٰى حَرَجٌ وَّلَا عَلَى الْاَعْرَجِ حَرَجٌ وَّلَا عَلَى الْمَرِيْضِ حَرَجٌ

There is no blame on the blind, nor there is blame on the lame, nor there blame on the sick to eat at your table.

Content of oranges: -

Vitamin C, levoluse, calatose, vitamin B1, B2, rutin, pectin, histadine, cholin hesperidine arginin, asparagine stachydrine, peroxidase & many beneficial enzymes etc.

Scientific benefits of oranges: -

1. It is best in piles, bleeding piles.
2. It increases complexion.
3. It regulates heartbeat.
4. It is helpful in jaundice, biliary diarrhoea.
5. It reduces freckles of skin.
6. It increases liver function.
7. It reliefs thirst.
8. It strengthens the digestive system.
9. Delicious jam can be prepared from it.
10. It expels gases.
11. Cleans the chest.
12. It treats Scurvy diseases, helpful in diabetes.

Science, Quran & Hadees regarding citrus fruits: -

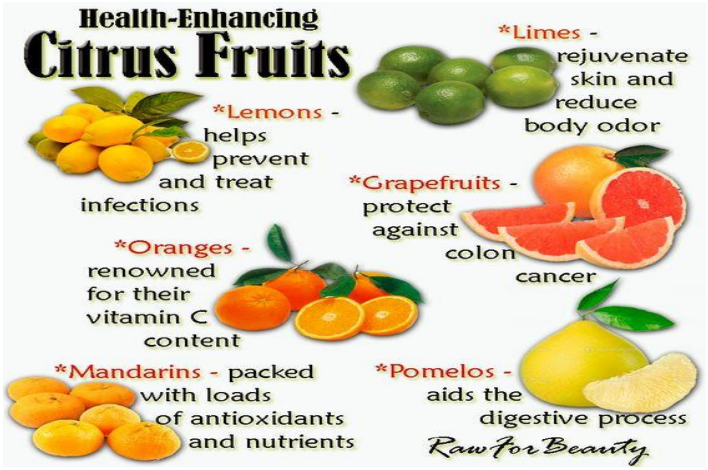
Citrus fruits are favored fruit of the Quran & Hadees. Nabi ﷺ said: *"The parable of a believer who reads the Quran regularly is like citrus, it has a good taste & a good fragrance"*. Similarly, just as the Quran will provide a healthy spiritual life, the citrus fruits can provide a healthy physical life for the believer. In fact, all citrus fruits have many valuable nutrients. Most important of these is vitamin C.

Vitamin C is famous for its powerful antioxidant properties (meaning that it disarms powerful oxygen molecules in the body that contribute to cancer & heart disease). The body also uses vitamin C to manufacture collagen; the substance that glues cells together & is essential for healing. A large lemon contains about 75 percent of the USRDA of vitamin C. In addition, substances dubbed limonene & limonese have been found to block some of the cellular changes that can lead to cancer.

Oranges are perhaps the most universally known sources of vitamin C (117 percent of the USRDA) ranges actually have much more to offer. Hesperidine, found in oranges has been found by Brazilian researchers to stop inflammation without damaging the stomach lining as aspirin (it is an Allopathic medicine) can. Oranges also contain limonene, which according to Michael Gould, PhD. & professor of human oncology at the University of Wisconsin Medical School *"cause cancer cells to self-destruct."*

Conclusion of Hadees: -

1. A believer who recites the Qur'an is like an orange (Oranges or citron), it reduces heart diseases & strengthens the heart. It can be eaten with Honey. *…….This lesson has 3 Hadees…….*


Health-Enhancing
Citrus Fruits
*Limes - rejuvenate skin and reduce body odor
*Lemons - helps prevent and treat infections
*Grapefruits - protect against colon cancer
*Oranges - renowned for their vitamin C content
*Mandarins - packed with loads of antioxidants and nutrients
*Pomelos - aids the digestive process
Raw for Beauty

Lesson no. 35 Jujube (Sidr) (السدر): -

Sidrالسدر

Introduction: -

There are many types of Sidr (السدر) trees & Sidr fruits. Jujube fruit was the first fruit, Prophet Adam ﷺ ate on earth, (when he was sent on earth from paradise).

Names

1. *In Hadees & Quran it is called Sidr (السدر).*
2. *In English it is called as Jujube, lote tree, lotus tree.*
3. *Botanical name is Ziziphus spinachristi & Ziziphus jujube.*
4. *In Hindi it is called as Ber.*

Quranic references of Sidr (السدر): -

Chapter No. 34 (Surah) Saba verse no. 16: -

فَأَعْرَضُوا فَأَرْسَلْنَا عَلَيْهِمْ سَيْلَ الْعَرِمِ وَبَدَّلْنَاهُمْ بِجَنَّتَيْهِمْ جَنَّتَيْنِ ذَوَاتَيْ أُكُلٍ خَمْطٍ وَأَثْلٍ وَشَيْءٍ مِّنْ سِدْرٍ قَلِيلٍ ﴿١٦﴾

But they turned away (from the obedience of Allah ﷻ), so We sent against them Sail Al'Arim (flood released from the dam), and We converted their two gardens into gardens producing bitter bad fruit, and tamarisks, and some few lote-trees.

Chapter No. 56 (Surah) Waaqia verse no. 27 & 28: -

وَأَصْحَابُ الْيَمِينِ ۙ مَا أَصْحَابُ الْيَمِينِ ﴿٢٧﴾ فِي سِدْرٍ مَّخْضُودٍ ﴿٢٨﴾

And those on the Right Hand, Who will be those on the Right Hand? (They will be) among thorn-less lote-trees,

Chapter No. 53 (Surah) Najm verse no. 14 & 16: -

عِندَ سِدْرَةِ الْمُنتَهَىٰ ﴿١٤﴾ عِندَهَا جَنَّةُ الْمَأْوَىٰ ﴿١٥﴾ إِذْ يَغْشَى السِّدْرَةَ مَا يَغْشَىٰ ﴿١٦﴾

Near Sidrat-ul-Muntaha [lote-tree of the utmost boundary (beyond which none can pass)], Near it is the Paradise of Abode. Near it is the Paradise of Abode.

Prophetﷺ's guidance about of Sidr (السدر): -

Sidrat Al-Muntha at Mehraaj Night: -

1. Nabiﷺsaw Sidrat Al-Muntha (sidr / lote) tree of the utmost boundary on mehraaj night; its fruits were like pitchers Hajar (like pots). *[Al-Tibb Al-Nabawi: 803]*

Jannah's Sidr: -

2. Hazrat Saleem Bin Aamir ﷺ says that, once a man asked Rasoolullah ﷺ, that Allah ﷻ has spoken about sidr tree (lote tree) in Quran & this Sidr has thorns which gives pain to people, Rasoolullah ﷺ assured him that sidr tree of Jannah will not have thorns & fruit will be in place of thorns, they will have 72 types of colour & taste, & all will be different from each other. *[Tafseer Ibn Kaseer vol. 7; page no. 525]*

Benefits of Sidr: -

3. It is mentioned in Fathul Bari that Nabi ﷺ guided that, there is no comparison of Sidr (السدر) & there are main 3 benefits (Ausaaf) (اوصاف) of it: - Its shade is cooling & (ممدودظل) is relaxing for the people, its fruit is delicious (لذيذطعام), it has sweet smell (ذكيهرائحة).

[Fathul Bari vol. 7; page no. 313]

Sidr the first fruit eatable by Hazrat ADAM (عليه السلام) on earth: -

4. Nabi ﷺ said that Hazrat Adam (عليه السلام) ate this (السدر) fruit the first, on earth amongst other fruits. *[Abu Nu-aim: 805]*

Bath the dead body with Sidr water: -

5. Hazrat Umme Atiya رضی اللہ عنہا says that one daughter of Rasoolullah ﷺ died, & Rasoolullah ﷺ told us to give bath to His daughter's body for odd numbers 3 or 5 or more times if you think necessary, with water boiled with Sidr (lote) leaves & lastly apply Kaafur (الكافور) (camphor) or anything made from it & when you finish inform me.

[Bukhari: 1263; Book. 23; English vol. 2; Book. 23; Hadees. 353]

According to Bulugh Al-Maram: 544; Book no. 3; In English Book no. 3; Hadees no. 12 that daughter was Hazrat Zainab رضی اللہ عنہا.

6. Narrated by Ibn Abbas رضی اللہ عنہما that once a sahabhi dead due to fall from camel, his neck got broken & he died, Nabi ﷺ asked to bath his body with water & leaves of sidr (السدر) (lote). (This happened at the time of hajjatul wida). *[Bukhari: 1265; Book. 23; English vol. 2; Book. 23; Hadees. 355]*

(Water boiled with sidr leaves is to be used).

7. Hazrat Qais Bin Asim ﷺ narrated that he accepted Islam & Nabi ﷺ ordered him to perform Ghusl (bath) with water & Sidr (lote).

[Tirmizi: 605; Book. 6; English vol. 2; Book. 1, Hadees. 605]

Content of it: -

carbohydrates, sugars, fibers, protein, vitamin B1, B2, B3, B5, B7, C,A, protein, calcium, iron, magnesium, manganese, phosphorus, potassium, sodium, zinc, selenium, copper, volatile oils, sulphur etc.

Scientific benefits of Sidr (ber): -

1. It removes dandruff, lice, swelling of eyes (wash the scalp & hair with its water) means boil Sidr in little water for 10 minutes, than filter it & apply the water or wash the scalp & hair.
2. Good for abscess, furuncles, obesity.
3. It is rich in calcium, protein, iron, magnesium etc.
4. Increases appetite & digestion also reduces cough.
5. It is nourishing & energetic.
6. It has all nutritive values.

Science & Hadees regarding Sidr (jujube) (lote): -

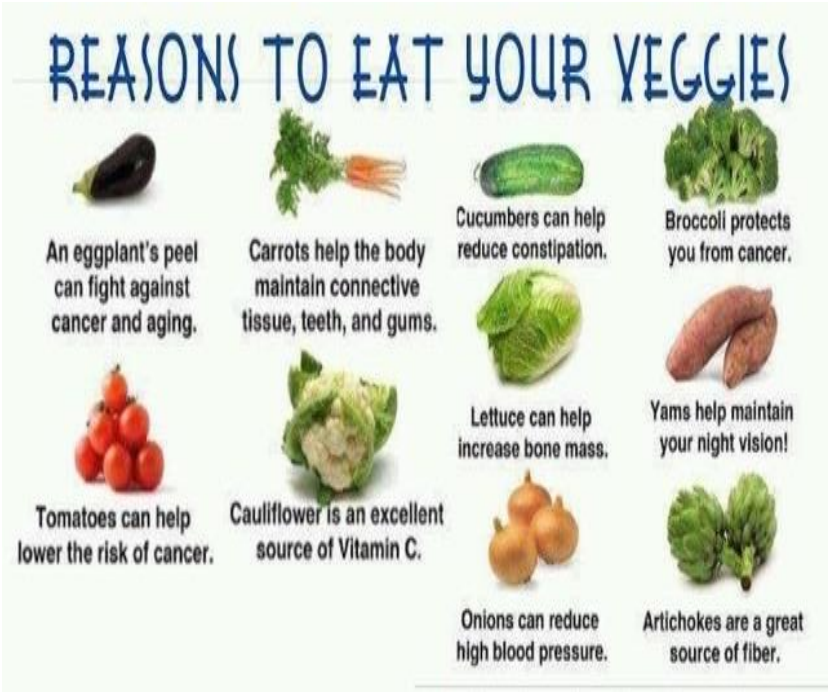
1. "*It is Mashru"* (Islamically prescribed) for anyone who wants to embrace Islam to first say Shahadah then perform Ghusl. This is according to many Hadees. It was narrated by Qais Ibn Asim that when he wanted to embrace Islam, Prophet ﷺ ordered him to perform Ghusl using water & Sidr & also to give bath to dead body with it, because it has Natural cleansing agent like soap (Contains saponins, tannins, anti-bacterial agents & alkaloids).
2. *Sidr for washing the dead body: -* Add one cup of sidr powder to a bucket of water. Make it frothy with your fingers before using.
3. *Sidr for hair & body: -* Add 1 tablespoon of powdered sidr to approximately 1 cup of warm water. Mix it vigorously with your fingers to make it frothy & like soap suds. Wash your hair with it, leave on for a few minutes while washing the rest of your body, then rinse out completely. A day after hair has been washed with sidr it will be shiny & full of volume Inshaallah!

Conclusion of Hadees: -

Bath the dead body with water boiled with Sidr. Adam (عليه السلام) ate Sidr fruit first on earth among all fruits. Its tree, fruit all are beneficial. In Jannah Sidr will have 72 types of colour & taste & no thorns.*.....There is 7 Hadees in this lesson.....*

Jujube is rich in Vitamins and Minerals
TIENS
B-Complex Group of Vitamins
B-complex group of vitamins have many benefits such as
Increasing metabolism,
Maintaining healthy skin, hair, nails and muscle tone
Enhancing Immune and nervous system function
Jujube is also rich in Antioxidant Flavonoids
These antioxidants have the ability to help protect cells and other structures in the body from free radicals

Please refer my new book "Basic encyclopedia & basic pharmacology on Tibb e Nabawi


REASONS TO EAT YOUR VEGGIES
An eggplant's peel can fight against cancer and aging.
Carrots help the body maintain connective tissue, teeth, and gums.
Cucumbers can help reduce constipation.
Broccoli protects you from cancer.
Tomatoes can help lower the risk of cancer.
Cauliflower is an excellent source of Vitamin C.
Lettuce can help increase bone mass.
Yams help maintain your night vision!
Onions can reduce high blood pressure.
Artichokes are a great source of fiber.

Please refer my new book "Basic encyclopedia & basic pharmacology on Tibb e Nabawi

Lesson no. 36 Garlic (ثوم): -

Garlic

Leek (الكراث)

Names

1. *It is called as Fum in Quran.*
2. *In Hadees it is called as Saum (ثوم).*
3. *In Arabic it is called as Thum (Fum).*
4. *In Hindi, Urdu & Sanskrit it is called as Lasun.*
5. *Botanical name is Allium sativum.*
6. *Family is Liliaceae.*
7. *Leek is called as kuraas (الكراث)*

Quranic references of it: -

1. Chapter No. 2 (Surah) Baqarah verse no. 61: -

وَإِذْ قُلْتُمْ يَٰمُوسَىٰ لَن نَّصْبِرَ عَلَىٰ طَعَامٍ وَٰحِدٍ فَٱدْعُ لَنَا رَبَّكَ يُخْرِجْ لَنَا مِمَّا تُنۢبِتُ ٱلْأَرْضُ مِنۢ بَقْلِهَا وَقِثَّآئِهَا وَفُومِهَا وَعَدَسِهَا وَبَصَلِهَا ۖ

&[remember] when you said: "O Moses (Moosa ﷺ), indeed we cannot endure but one kind of food; pray, then, to thy Sustainer that He bring forth for us aught of what grows from the earth - of its herbs, its cucumbers, its garlic, its lentils, its onions.

Please note: Leeks are vegetable that belongs, along with onion & garlic, to the genus Allium, currently placed in family Amaryllidaceae, subfamily Allioideae.

Prophet ﷺ's guidance about Garlic: -

Arabic words written in below references are the words mentioned in respected Hadees. You can confirm the references of Hadees at:

sunnah.com & *Al-Maktab Al-Shamilah (المكتبةالشاملة) also.* You can visit my website at: www.tib-e-nabi-for-you.com

Disliking of Garlic smell & disallowed to come in or near Masjid: -

1. Nabi ﷺ disallowed people coming in masjid or near masjid, after eating Saum (ثوم) (garlic).

[Bukhari: 5451 & 5452; Book. 70; English vol. 7; Book. 65; Hadees. 362 & 363]

2. Hazrat Jabir ﷺ says that Nabi ﷺ said those who eat onion (بصل) or garlic (ثوم), be far or disallowed coming in masjid.

[Tirmizi: 1806; Book. 25; English vol. 3; Book. 23; Hadees. 1806] Because of its bad smell

3. Narrated Jabir Bin Samurah that Hazrat Abu Ayyub ﷺ was staying with Nabi ﷺ, whenever any dish (meal) use to come to Nabi ﷺ, (respected) Nabi ﷺ use to eat & give me the remaining, one day a dish came, from which Nabi ﷺ did not ate at all, because it contained Garlic (ثوم), Hazrat Abu Ayyub ﷺ asked to Nabi ﷺ, is saum (ثوم) (garlic) haraam (حرام)? To this Nabi ﷺ replied No, but however, I dislike its smell.

[Tirmizi: 1807; Book. 25; English vol. 3; Book. 23; Hadees. 1807]

4. Abu Hurairah ﷺ reported that Nabi ﷺ said, He who eats of this plant (garlic) should not approach our mosque (Masjid) & should not harm us with the odour of garlic.

[Muslim: 562 B; Book no. 5; English vol. no. 4; Hadees no. 1144]

5. Narrated by Abdul Aziz that it was asked to Anas ﷺ "What did you hear, Nabi ﷺ saying about garlic (ثوم)?" Anas ﷺ replied, "Whoever has eaten (garlic) should not approach our mosque (Masjid)".

[Bukhari: 5451; Book. 70; English vol. 7; Book. 65; Hadees. 362]

6. Ibn Suhaib reported that Anas ﷺ was asked about the garlic (ثوم); he stated that Nabi ﷺ said: He who eats of this plant (garlic) should not approach us & pray along with us.

[Muslim: 562 A; Book. 5; English vol. 4; Hadees. 1143]

7. Narrated by Abu Saeed Khudri ﷺ that the garlic (ثوم) & onions (بصل) were mentioned before Nabi ﷺ & He ﷺ said, "The most severe of them is garlic (ثوم). Would you make it unlawful? Nabi ﷺ replied, Eat it & he who eats it should not come near this mosque (Masjid) until its odour goes away.
[Abu Dawud: 3823; Book. 28; English Book. 27; Hadees. 3814]

8. Narrated by Ibn Umar رضی اللہ عنہما that during the holy battle of Khaibar Nabi ﷺ said, "Whoever ate from this plant (*i.e.* garlic) should not enter our mosque (Masjid)."
[Bukhari: 853; Book. 10; English vol. 1; Book. 12; Hadees. 812]

9. Jabir Bin Abdullah رضی اللہ عنہما reported that Nabi ﷺ said, He who eats of this (offensive) plant, *i.e.* garlic & sometimes He ﷺ said he who eats onion (بصل) & garlic & Leek (الكراث), should not approach our mosque (Masjid) for the angels are harmed by the same things as the children of Adam.
[Muslim: 564 B; Book no. 5; English Book no. 4, Hadees no. 1147]

10. Narrated by Jabir ﷺ that Nabi ﷺ said, "Whoever eats from garlic (ثـوم), then repeated saying garlic (ثوم), onion (بصل) & Leek (الكراث), then let him not approach our Masjid".

[Tirmizi: 1806; Book. 25; English vol. 3, Book. 23, Hadees. 1806]

11. Ibn Umar رضی اللہ عنہما reported that Nabi ﷺ said, He who eats of this (offensive) plant must not approach our mosque (Masjid), till its odour dies: (plant signifies) garlic.
[Muslim: 561 B; Book no. 5; English Book no. 4, Hadees no. 1142]

12. Hazrat Umme Ayyub رضی اللہ عنہا says that I prepared a dish for Nabi ﷺ which had many vegetables cooked in it like garlic (ثوم) etc; Nabi ﷺ did not ate it & said I do not like the bad smell coming from my mouth & people getting irritated.
[Ibn Ma-jah: 3364; Book. 29; English vol. 4; Book. 29; Hadees. 3364]

A Group of people & Garlic: -

13. Narrated by Jabir Bin Abdullah رضی اللہ عنہما that Nabi ﷺ said, "Whoever has eaten garlic (ثوم) or onion (بصل), should keep away from us, or should keep away from our mosque (Masjid) & should stay at home." Ibn Wahb said, "Once a plate full of cooked vegetables was brought to the Nabi ﷺ at Badr. Detecting a bad smell from it, He ﷺ asked about the dish & was informed of the kinds of vegetables it contained. He ﷺ then said, "Bring it near," & so it was brought near to one of his companions who were with him. When Nabi ﷺ saw it, He ﷺ disliked eating it & said (to his companion), "Eat, for I talk in secret to ones whom you do not talk to".
[Bukhari: 7359; Book. 96; English vol. 9; Book. 92; Hadees. 458] *(Means talk to Angels).*

14. Narrated by Jabir ﷺ that a group of people came to Nabi ﷺ & He ﷺ noticed the smell of leeks coming from them. He ﷺ said, "Did I not forbid you to eat these vegetables? For the angels are offended by that which offends people".
(Ibn Ma-jah: 3365; Book. 29; English vol. 4, Book 29, Hadees. 3365) *(Means because by its bad smell in breath people & farishtaas (angel) of Allah ﷻ get irritated).*

About raw Garlic & Onion & their smell: -

15. Narrated by Ata that he heard Jabir Bin Abdullah رضی اللہ عنہما saying, that Nabi ﷺ said 'Whoever eats (from) this plant (He meant garlic) should keep away from our mosque (Masjid)." I said, "What does he mean by that?" He replied, "I think he means only raw garlic (ثوم)".

[Bukhari: 854; Book. 10; English vol. 1; Book. 12; Hadees. 813]

16. Narrated by Mu'awiyah Ibn Qurrah ﷺ that Nabi ﷺ forbade these two plants (i.e. garlic & onions) & said, He who eats them should not come near our mosque (Masjid). If it is necessary to eat them, make them dead by cooking, that is, onions & garlic.
[Abu Dawud: 3827; Book. 28; English Book. 27; Hadees. 3818]

17. Narrated by Sharik Bin Hanbal that Ali ﷺ said, "Eating (raw) garlic (ثوم) is no good, except when cooked".
[Tirmizi: 1809; Book. 25; English vol. 3, Book. 23, Hadees. 1809] ***This Hadith is graded as Da-if (zaif) by Darussalam.***

18. Narrated by Hazrat Ma'daan Bin Abi Talha Ya'mur ﷺ once Umar Bin Khattab ﷺ on Friday khutba said that if you want to eat garlic (ثوم), onion (بصل), use them in cooked food (means avoid them eating raw & coming in public & also avoid there bad smell in breath or mouth).
[Ibn Ma-jah: 3363; Book. 29; English vol. 4; Book. 29; Hadees. 3363] *(This is a long Hadees).*

19. Narrated by Sharik Bin Hanbal from Ali ﷺ said, "Eating garlic was prohibited except when cooked".
[Tirmizi: 1808; Book. 25; English vol. 3; Book. 23, Hadees. 1808]. ***This Hadith is graded as Da-if (zaif) by Darussalam.***

Content of it: -

carbohydrates, sugars, fibers, protein, vitamin B1, B2, B3, B5, B7, C, calcium, iron, magnesium, manganese, phosphorus, potassium, sodium, zinc, selenium, volatile oils, sulphur etc.

Scientific benefits of Garlic: -

1. It lowers high blood pressure.

2. Good for arthritis, worms, bronchitis, asthma, TB, lungs infection, stomach infection, reduces cough, increases digestion, good for ear diseases.
3. When used with salt, it helps in migraine, gas, hysteria, sciatica, paralysis, gouts & many other diseases.
4. Best use in cooked food
5. Its juice can be applied on wounds, ulcers, abscesses etc.
6. Reduces cholesterol, LDL, triglyceride, It has natural sulphur, by which body, prepares co-enzymes for metabolism.
7. Best for staphylococcus, E-coli & many bacterial infections.
8. It has anti-bacterial properties.

How to use: -

1. Eat 2 to 3 garlic cloves early morning to reduce cholesterol & triglyceride. (Eat in little quantity only). Or prepare pickles, chatni out of it & use.
2. Can be used in cooking,
3. Fresh garlic's with its leaves are best in cold climate. & have many other benefits.
4. In cold climates or cold region it is very beneficial, but use in mild quality.
5. Bad for sex, if used in excessive quantity.
6. Eat anything having good smell after eating Garlic raw so that its smell do not irritates other people.
7. Can be used for ear infection, take 3 garlic & little oil of any kind, heat both on low flame till the garlic gets black, than filter & put in the ears in mild warm condition, 2 to 3 times a day
8. Can be used in all types of wounds.
9. Single clove is best for medicinal use. (it is a type of garlic)
10. Can be eaten at early morning in winter season

Types of garlic: -

There are many types of garlic available: -

1. Garlic with multiple cloves, it is best for cooking purpose & Garlic with single clove, it is best for medicinal purpose.

Contra-indications: -

Do not use it in diarrhea, Bleeding disorders, Namaz time (Salah time), do not use it in weak sex.

Science & Hadees regarding Garlic: -

1. In Prophet ﷺ time mostly people were poor, in Arab much vegetables did not grew, vegetables from other parts of the world were not every time available, people use to eat raw onion & garlic very often & we all know that it has a very offensive smell in breath which irritates other people, & Prophet ﷺ strictly prohibited to eat raw garlic, but allowed to eat it in cooked food, & prohibited to come in Masjid or near it with its smell in breath, because in Masjid there are Angels, who also get irritated with its smell & by this rule all bad smell things should be avoided in Masjid or near it. The people often use to come in Masjid with its smell in breath, may be people ate raw onion or garlic in much quantity to fulfill their hunger, & it is seen that the bad smell is very offensive if raw onion or garlic is eaten in much quantity & remains for very long in the breath & also its smell is found in sweating which is again bad. & also cause excessive unwanted gas formation & its expulsion & if this occurs in public it is a thing which irritates others.
2. Today no body eats raw garlic or onion full stomach because today we have all types of vegetables available at all seasons thus it remains an ingredient of food. Though its medicinal properties are not neglected.

Adverse effects & toxicology: -

Garlic is known for causing bad breath (halitosis), as well as causing sweat to have a pungent "*garlicky*" smell, which is caused by Allyl methyl sulfide (AMS). AMS is a volatile liquid which is absorbed into the blood during the metabolism of garlic-derived sulfur compounds; from the blood it travels to the lungs (and from there to the mouth, causing bad breath) & skin, where it is exuded through skin pores.
And if eaten in excessive quantity (raw) may cause people suffer from allergies. Symptoms can include irritable bowel, diarrhea, mouth & throat ulcerations, nausea, breathing difficulties & in rare cases, anaphylaxis. Garlic-sensitive patients show positive tests to diallyl disulfide, allylpropyldisulfide, allylmercaptan & allicin, all of which are present in garlic.

Conclusion of Hadees: -

1. Do not come in Masjid or in public after eating raw vegetables whose bad smell comes from mouth. We can eat them cooked in food & bad smell should not come from mouth. Nabi ﷺ did not liked bad smell, specially from mouth because Angel use to come to Him ﷺ bringing Messages & Quranic verses from Allah ﷻ & Angels get irritated by its bad smell even people get irritated.

.....This lesson has 19 Hadees.....

Please refer my new book "Basic encyclopedia & basic pharmacology on Tibb e Nabawi.

Lesson no. 37 Onion (البصل): -

الكراث

Leek

Names

1. *It is called as Basal (البصل) in Quran, Hadees & Arabic.*
2. *In Latin it is called as Allium cepa Linn.*
3. *Family is Liliaceace.*
4. *In Urdu & Hindi it is called as Piyaz.*
5. *Leek is called as kuraas (الكراث)*

Please note: -

Leeks are vegetable that belongs, along with onion & garlic, to the genus Allium, currently placed in family Amaryllidaceae, subfamily Allioideae. Picture is given in this lesson.

Quranic reference of onion: -

Chapter No. 2 (Surah) Baqarah verse no. 61: -

وَإِذْ قُلْتُمْ يَٰمُوسَىٰ لَن نَّصْبِرَ عَلَىٰ طَعَامٍ وَٰحِدٍ فَٱدْعُ لَنَا رَبَّكَ يُخْرِجْ لَنَا مِمَّا تُنۢبِتُ ٱلْأَرْضُ مِنۢ بَقْلِهَا وَقِثَّآئِهَا وَفُومِهَا وَعَدَسِهَا وَبَصَلِهَا ۖ

And (remember) when you said, "O Musa (Moses)! We cannot endure one kind of food. So invoke your Lord for us to bring forth for us of what the earth grows, its herbs, its cucumbers, its Fum (wheat or garlic), its lentils and its onions." He said, "Would you exchange that which is better for that which is lower? Go you down to any town and you shall find what you want!" And they were covered with humiliation and misery, and they drew on themselves the Wrath of Allah ﷻ. That was because they used to disbelieve the Ayat (proofs, evidences, verses, lessons, signs, revelations etc) of Allah ﷻ and killed the Prophets wrongfully. That was because they disobeyed and used to transgress the bounds (in their disobedience to Allah ﷻ, i.e. commit crimes and sins).

Prophetﷺ's guidance about onions (البصل): -

Also refer lesson no. 36 Garlic in part-2.

Onion in last meal of Rasoolullahﷺ: -

Hazrat Aisha رضی الله عنها was asked by Ibn Ziyaadﷺ about onion (البصل) & she said that the last meal which Rasoolullahﷺ ate had Onion (البصل) in it. *[Abu Dawud: 3829; Book. 28; English Book. 27; Hadees. 3820]*

Disliking of raw Onion smell & disallowed to come in or near Masjid: -

2. Jabir Bin Abdullah رضی الله عنهما reports that Nabiﷺ said, He who eats of this (offensive) plant, *i.e.* garlic & sometimes Heﷺ said, He who eats onion (بصل) & garlic & leek (الكراث), should not approach our mosque (Masjid) for the angels are harmed by the same things as the children of Adam. *[Muslim: 564 B; Book no. 5; English Book no. 4, Hadees no. 1147]*

3. Hazrat Abu Saeed Khudriﷺ says that Nabiﷺ disallowed to eat Onion (البصل), garlic (الثوم), Leek (الكراث). *[Tyalsi: 2285]*

(Raw is disliked to eat, but we can use them in cooked food)

4. Narrated by Jabir Bin Abdullah رضی الله عنهما said, that Nabiﷺ said "Whoever has eaten garlic (ثوم) or onion (بصل), should keep them away from us, or should keep away from our mosque (Masjid) & should stay at home." Ibn Wahb said, "Once a plate full of cooked vegetables was brought to the Nabiﷺ at Badr. Detecting a bad smell from it, Heﷺ asked about the dish & was informed of the kinds of vegetables it contained. Heﷺ then said, "Bring it near," & so it was brought near to one of His companions who were with Him. When Nabiﷺ saw it, Heﷺ disliked eating it & said (to His companion), "Eat, for I talk in secret to ones whom you do not talk to". *[Bukhari: 7359; Book. 96; English vol. 9; Book. 92; Hadees. 458]*(Means talk to angels).

Garlic & Onion allowed eating in cooked food: -

5. Rasoolullahﷺ allowed us to eat onion (البصل) & garlic (الثوم) cooked in food. (Means avoid eating them raw). *[Abu Dawud: 3827; Book no. 28; English Book no. 27; Hadees no. 3818]*

6. Hazrat Uqbah Bin Amir Al-Juhaniﷺ says that Nabiﷺ said 'Do not eat onions (بصل),' then he said in a low voice: 'Raw'. ***This Hadith is graded as Da-if (zaif) by Darussalam.***
[Ibn Ma-jah: 3366; Book. 29; English vol. 4; Book. 29, Hadees. 3366]

7. Narrated by Mu'awiyah Ibn Qurrah ﷺ that Nabi ﷺ forbade these two plants (*i.e.* garlic & onions) & said, He who eats them should not come near our mosque (Masjid). If it is necessary to eat them, make them dead by cooking, that is, onions & garlic.
[Abu Dawud: 3827; Book. 28; English Book. 27; Hadees. 3818]

8. Narrated by Hazrat Ma'daan Bin Abi Talha Ya'mur ﷺ once Hazrat Umar Bin Khattab ﷺ on Friday khutba said that if you want to eat garlic (ثوم), onion (بصل), use them in cooked food. *(This is a long Hadees).* *[Ibn Ma-jah: 3363; Book. 29; English vol. 4 Book. 29, Hadees. 3363]*

Means avoid them eating raw & coming in public & also avoid there bad smell in breath or mouth.

Content of it: -

carbohydrates, sugars, fibers, protein, vitamin B1, B2, B3, B5, B7, C, calcium, iron, magnesium, manganese, phosphorus, potassium, sodium, zinc, selenium, volatile oils, sulphur etc.

Scientific benefits of onions: -

1. It strengthens the digestion, increases semen production, dissolves phlegm, cleans the stomach, reduce cholesterol & triglycerides.
2. Helpful in jaundice, cough & cold.
3. Helpful in following condition for local application, alopecia (means patchy hair falls), warts, white spots etc (its juice should be used with salt).
4. Its smell is used in fits, nausea & vomiting.
5. Its juice should be put in nose for sinus. (Put 2 to 3 drops of onion juice in nose)
6. Avoid eating raw.
7. Excessive eating of onion may cause migraine, weak memory, flatulence & makes complexion dark, especially raw onions.
8. For Warts take onion juice & salt, mix both & apply on warts.

Contra-indications: -

Do not use it in diarrhea, Bleeding disorders, Namaz time (Salah time).
Do not use it in weak sex.

Science & Hadees regarding onion: -

1. In Prophet ﷺ time mostly people were poor, in Arab much vegetables did not grew, vegetables from other parts of the world were not every time available, people use to eat raw onion & garlic very often & we all know that it has a very offensive smell in breath which irritates other people, & Prophet ﷺ strictly prohibited to eat raw garlic, but allowed to eat it in cooked food, & prohibited to come in Masjid or near it with its smell in breath, because in Masjid there are Angels, who also get irritated with its smell & by this rule all bad smell things should be avoided in Masjid or near it. The people often use to come in Masjid with its smell in breath, may be people ate raw onion or garlic in much quantity to fulfill their hunger, & it is seen that the bad smell is very offensive if raw onion or garlic is eaten in much quantity & remains for very long in the breath & also its smell is found in sweating which is again bad. & also cause excessive unwanted gas formation & its expulsion & if this occurs in public it is a thing which irritates others.
2. Today no body eats raw garlic or onion full stomach because today we have all types of vegetables available at all seasons thus it remains an ingredient of food. Though its medicinal properties are not neglected.

Adverse effects & toxicology: -

3. If excessive raw onion is used some people may suffer from allergic reactions & also after handling onions. Symptoms can include contact dermatitis, intense itching, rhino-conjunctivitis, blurred vision, bronchial asthma, sweating &anaphylaxis. The toxicity is caused by the sulfoxides present in raw onions, causing ingestion resulting in anaemia caused by the distortion & rupture of red blood cells. (This is based on an animal's research done by using onion).

Conclusion of Hadees: -

Do not come in Masjid or in public after eating raw vegetables whose bad smell comes from mouth. We can eat them cooked in food & bad smell should not come from mouth. Nabi ﷺ did not liked bad smell, specially from mouth because Angel use to come to Him ﷺ bringing Messages & Quranic verses from Allah ﷻ & Angels get irritated by its bad smell even people get irritated.*.....This lesson has 8 Hadees.....*

Lesson no. 38 Ginger (الزنجبيل): -

Names

1. It is called as Zanjabeel (الزنجبيل) in Quran & Hadees.
2. In Arabic it is called as Zanjabeel.
3. In English it is called Ginger.
4. Its Latin name is Zinger officinale.
5. In Hindi & Urdu it is called as Adrak.
6. In Gujrati it is called as Adu.
7. In Sanskrit it is called as Ada.

Quranic reference of ginger: -

Chapter No. 76 (Surah) Dahr verse no. 17: - (In it, it is mentioned that Allahﷻ's people will be given a preparation, mixed with Zanjabeel (الزنجبيل) (ginger) in Jannah (paradise).

وَيُسْقَوْنَ فِيهَا كَأْسًا كَانَ مِزَاجُهَا زَنْجَبِيلًا ﴿١٧﴾

And they will be given to drink there a cup (of wine) mixed with Zanjafil (ginger, etc).

Prophetﷺ's guidance about ginger: -

Ginger pickle as a gift: -

Hazrat Abu Saeed khudriؓ says that, the king of Rome, Byzantine sent to Nabiﷺ a jar of ginger (الزنجبيل) pickle, as a gift (hadiya). Nabiﷺ accepted the pickle & gave it little-little to each person, even Abu Saeedؓ got some. *[Abu Nu-aim: 161]*

Part to be used is: - *Root.*

How to use: -

1. In food, pickle.
2. Tea, soup & in dishes.
3. In milk.
4. Chatni, Sweets, Vinegar & soups.
5. Dry powder of ginger can also be used.
6. Its juice can be used with honey, apple juice etc to reduce cholesterol.
7. but use in mild quantity.
8. Paste of it can be used on pain region, lesions etc.
9. Dry powder of ginger can be applied on fruits, in cold season, in cough & cold.

Content of it: -

carbohydrates, sugars, fibers, protein, vitamin B1, B2, B3, B5, B7, C, calcium, iron, magnesium, manganese, phosphorus, potassium, sodium, zinc, selenium, volatile oils, sulphur etc.

Scientific benefits of ginger: -

1. Increases digestion, removes gases & blocks.
2. Good in cold & cough, fever, infection, throat infection, sinus, eye diseases.
3. Increases sex drives & semen production.
4. Reduces cholesterol & triglyceride.
5. Increases urine output, reduces stomach pain.
6. Helpful in bronchitis, increases appetite.
7. Removes stomach diseases.
8. Purifies & strengthens the body.
9. Regulates menstrual cycle.
10. Add taste in food.
11. Helpful in sore throat

12. Best used is in winter season.

Science & Hadees regarding Ginger: -

1. Quran mentions ginger as one of the drinks of Paradise. The modern name, "ginger," comes from the Arabic root, "*zindshebil*," & as centuries have passed, we have discovered the amazing & miraculous healing properties of ginger. Ginger is one of the best known treatments & is the classic medicine for dealing with many digestive disorders. Ginger promotes digestive & metabolism, which promotes digestive heat burning toxins, removes & lowers cholesterol deposits, as well as boosts the metabolism.
2. Ginger contains special enzymes responsible for catalyzing the proteins in your food, thus aids the digestion process & prevents cramps; this explains why ancient Greeks used to eat ginger after a large meal. Ginger is also particularly helpful when suffering from constipation.
3. Nausea & vomiting can be a problem when travelling (motion or sea-sickness), morning sickness during pregnancy, or while undergoing chemotherapy treatments. Ginger is known to relax & soothe the intestinal tract & alleviates symptoms of gastrointestinal stress.
4. By a study, it is effective as an anti-emetic (to stop vomiting) Ginger was put up against Dramamine, the most commonly used over the counter medication for motion-induced nausea. Ginger was not only more effective than the drug, but also showed no side effects compared to the drug. According to the American Cancer Society, ginger has been promoted as a cancer treatment to keep tumors from developing.
5. The characteristic odour & flavor of ginger is caused by a mixture of zingerone, shogaols & gingerols, volatile oils that compose one to three percent of the weight of fresh ginger. In animals, the gingerols increase the motility of the gastro-intestinal tract & also have analgesic, sedative.
6. Also antipyretic& anti-bacterial properties. Gingerols can inhibit growth of ovarian cancer cells in vitro -gingerol *(1-[4'-hydroxy-3'-methoxyphenyl]-5-hydroxy-3-decanone)* is the major pungent principle of ginger.

Food for the brain: -

It is a mood enhancer (ginger's cineole) & may help to relief stress & dried ginger may improve poor memory (using 1 gram & powder in warm milk). Research shows that ginger can reverse the damaging side effects (headaches, migraines, eye damage, fatigue, drowsiness, depression, numbness, muscle spasms, nausea, rashes, rapid heartbeat, chest pain, etc) that Monosodium Glutamate (MSG), a common food additive, vital dopamine, serotonin & other neurotransmitters responsible for proper brain function & ginger helps to maintain these neurotransmitters (chemical of brain).

Conclusion of Hadees: -

We are allowed to eat ginger. *…….This lesson has 1 Hadees……..*

Please refer my new book "Basic encyclopedia & basic pharmacology on Tibb e Nabawi ﷺ

Lesson no. 39 Cucumber (القثاء): -

Names: -

1. It is called as Qissa'a (القثاء) in Quran.
2. In Hadees also it is called as Qissa'a (القثاء)3. In Arabic & Persian it is called as Khiyar.
4. In Hindi & Urdu it is called as Khira or kakri.
5. Latin name is Cucumis melo vari.
6. Family is Cucurbitaceae.

Quranic reference: -

1. Chapter No. 2 (Surah) Baqarah, verse no. 61.

وَإِذْ قُلْتُمْ يَا مُوسَىٰ لَن نَّصْبِرَ عَلَىٰ طَعَامٍ وَاحِدٍ فَادْعُ لَنَا رَبَّكَ يُخْرِجْ لَنَا مِمَّا تُنبِتُ الْأَرْضُ مِن بَقْلِهَا وَقِثَّائِهَا وَفُومِهَا وَعَدَسِهَا وَبَصَلِهَا ۖ

&[remember] when you said: "O Moses (Moosa ﷺ), indeed we cannot endure but one kind of food; pray, then, to thy Sustainer that He bring forth for us aught of what grows from the earth - of its herbs, its cucumbers, its garlic, its lentils, its onions.

Prophet ﷺ's guidance about cucumber: -

Neutralization of hot potency with cold potency: -

Hazrat Abdullah Bin Jaffar ﷺ says that he had seen Rasoolullah ﷺ eating cucumber (Qissa'a) (القثاء) with Rutab (الرطب) (fresh ripen dates). *[Tirmizi: 1844; Book. 25; English vol. 3; Book. 23; Hadees. 1844]*

2. Hazrat Aisha رضی اللہ عنہا narrates that she ate (القثاء) cucumber & Rutab (الرطب) (freshly ripen dates) to increase her weight, earlier she had taken many things to gain weight, but by cucumber & dates she gained weight. *[Ibn Ma-jah: 3324; Book. 29; English vol. 4; Book. 29, Hadees. 3324].* (She wanted to get little fat before going to Nabi ﷺ house after her Nikah with Nabi ﷺ).

Liking of Cucumber: -

3. Narrated by Hazrat Rabia Bint Maud 'Afra رضی اللہ عنہا that Nabi ﷺ liked (يُحِبُّ الْقِثَّاءَ) cucumbers.

[Shama'il Muhammadiya: 202; Book. 30; English Book. 29; Hadees. 193]. ***This hadith is graded as da-if (zaif) by Darussalam.***

4. Hazrat Rubayyi Bint Mu'awwadh Ibn Afraa رضی اللہ عنہا said I took a plate of fresh dates & small cucumbers to Rasoolullah ﷺ. He gave me a handful of jewellery, or a handful of gold. *[Shama'il Muhammadiya: 203; Book. 30; English Book. 29; Hadees. 194]* (As a (Hadiya) present). ***This hadith is graded as da-if (zaif) by Darussalam.***

Content: -

vitamin B, vitamin C, copper, fats, calcium, sodium, potassium, magnesium, phosphorus, sulphur, iron, chlorides, silicone, it is mostly alkaline.

Scientific benefits of cucumber: -

1. Cools the body, increases urine output & strengthens the body.
2. It reduces swelling, good for burning urination, urinary bladder problem, digestion, skin problems.
3. Best in summer or hot climate, best for rehydration.
4. It is called as a "*Super food*".
5. Eliminates toxins (waste) out of the body.
6. Its skin is rich in vitamin C, good for skin & hairs.
7. Can be kept on eyes to reduce inflammation, its sulphur & silicon is best for hair.
8. Reduces chances of cancers.
9. It removes bad smell in breath.
10. It helps in diabetes, reduces cholesterol & controls blood pressure.
11. It is good for joints, gouts, arthritis, nails, gums, kidneys, liver.
12. Reduces dark circles, puffiness of eyes, sunburn & freckles.
13. Improves complexion.
14. Should be eaten in little quantity.
15. Best in summer season.
16. Eat it with little black pepper.

Science & Hadees regarding Cucumber: -

1. Cucumbers are scientifically known as *Cucumis sativus*& belong to the same botanical family as melons (including watermelon & cantaloupe) & squashes (including summer squash, winter squash, zucchini & pumpkin). Cucumbers contain lariciresinol, pinoresinol & secoisolariciresinol—three lignans that have a strong history of research in connection with reduced risk of cardiovascular disease as well as several cancer types, including breast, uterine, ovarian & prostate cancers.

2. Fresh extracts from cucumbers have recently been shown to have both antioxidant & anti-inflammatory properties. It helps to improve antioxidant status, inhibit the activity of pro-inflammatory enzymes like *cyclo-oxygenase 2 (COX-2)* & prevent overproduction of nitric oxide in situations where it could pose health risks. It's highly likely that cucumber phytonutrients play a key role in providing these antioxidant & anti-inflammatory benefits, supporting health alongside of the conventional antioxidant nutrients—including *vitamin C, beta-carotene & manganese*—of which cucumbers are an important sources.

Eating cucumber & dates together: -

3. Cucumber & dates: cucumber has a cold effect & dates have a hot one. By combining the two they get neutralized. From the Hadees we come to know that it is recommended that the effect (hot or cold) of things

eaten should be taken into consideration. Cucumber is insipid & tasteless & dates are sweet which results in the cucumber also tasting sweet. Both are opposite to each other & cucumbers are rich in water contains.
4. Please match the nutritional facts of both cucumber & dates & see what a combination both is, both makes a perfect nutrition & are opposite to each other. This is the miracle of Sunnah of Prophet ﷺ.

Nutritional value of Dates. 100 mg of Dates has Calories 282 % Daily Value		Nutritional value of Cucumber. 100mg of Cucumber has Calories 16 % Daily Value	
Water content in dry dates	*10% - 20%*	*Water content in cucumber*	*96%*
Total Fat 0.4 g	*0%*	*Total Fat 0.1 g*	*0%*
Saturated fat 0 g	*0%*	*Saturated fat 0 g*	*0%*
Polyunsaturated fat 0 g	*0%*	*Polyunsaturated fat 0 g*	
Monounsaturated fat 0 g	*0%*	*Monounsaturated fat 0 g*	
Cholesterol 0 mg	*0%*	*Cholesterol 0 mg*	*0%*
Sodium 2 mg	*2mg*	*Sodium 2 mg*	*0%*
Potassium 656 mg	*18%*	*Potassium 147 mg*	*4%*
Total Carbohydrate 75 g	*25%*	*Total Carbohydrate 3.6 g*	*1%*
Dietary fiber 8 g	*32%*	*Dietary fiber 0.5 g*	*2%*
Sugar 63 g		*Sugar 1.7 g*	
Protein 2.4 g	*4%*	*Protein 0.6 g*	*1%*
Vitamin A	*5%*	*Vitamin A*	*2%*
Vitamin C	*%*	*Vitamin C*	*4%*
Calcium	*3%*	*Calcium*	*1%*
Iron	*5%*	*Iron*	*1%*
Vitamin D	*0%*	*Vitamin D*	*0%*
Vitamin B6	*10%*	*Vitamin B6*	*10%*
Vitamin B12	*0%*	*Vitamin B12*	*0%*
Magnesium	*10%*	*Magnesium*	*3%*
folate	*4%*	*folate 14 ug*	

Conclusion of Hadees: -

Nabi ﷺ ate cucumber & fresh ripens dates, they increase the weight. Cucumber was liked by Nabi.....*This lesson has 4 Hadees.....*

Lesson no. 40 Olive (Zaitoon) (الزيتون): -

Names

1. In Quran, Hadees & Arabic olive is called as Zaitun (الزيتون).
2. In Hadees, its oil is called as Zait (زيت).
3. In English it is called as Olive.
4. In Persian, Hindi & Urdu it is called as Zaitun.
5. In Latin it is called as Olea europaea Linn.
6. Family is Oleaceae

Quranic references of olive (Zaitun / Zait): -

Chapter No. 6 (Surah) An'am (انعام) verse no. 99: -

وَهُوَ الَّذِيْٓ اَنْزَلَ مِنَ السَّمَآءِ مَآءً ۚ فَاَخْرَجْنَا بِهٖ نَبَاتَ كُلِّ شَيْءٍ فَاَخْرَجْنَا مِنْهُ خَضِرًا نُّخْرِجُ مِنْهُ حَبًّا مُّتَرَاكِبًا ۚ
وَمِنَ النَّخْلِ مِنْ طَلْعِهَا قِنْوَانٌ دَانِيَةٌ وَّجَنّٰتٍ مِّنْ اَعْنَابٍ وَّالزَّيْتُوْنَ وَالرُّمَّانَ مُشْتَبِهًا وَّغَيْرَ مُتَشَابِهٍ ۭ اُنْظُرُوْٓا
اِلٰى ثَمَرِهٖٓ اِذَآ اَثْمَرَ وَيَنْعِهٖ ۭ اِنَّ فِيْ ذٰلِكُمْ لَاٰيٰتٍ لِّقَوْمٍ يُّؤْمِنُوْنَ ۝۹۹

It is He Who send the down rain from the skies: with it We produce vegetation of all kinds: from some We produce green (crops), out of which We produce grain, heaped up (at harvest); out of the date-palm and its sheaths (or spathes) (come) clusters of dates hanging low and near: and (then there are) gardens of grapes, and olives, and pomegranates, each similar (in kind) yet different (in variety): when they begin to bear fruit, feast your eyes with the fruit and the ripeness thereof. Behold! In these things there are signs for people who believe.

Chapter No. 6 (Surah) An'am (انعام) verse no. 141: -

وَهُوَ الَّذِيْٓ اَنْشَاَ جَنّٰتٍ مَّعْرُوْشٰتٍ وَّغَيْرَ مَعْرُوْشٰتٍ وَّالنَّخْلَ وَالزَّرْعَ مُخْتَلِفًا اُكُلُهٗ وَالزَّيْتُوْنَ وَالرُّمَّانَ مُتَشَابِهًا
وَّغَيْرَ مُتَشَابِهٍ ۭ كُلُوْا مِنْ ثَمَرِهٖٓ اِذَآ اَثْمَرَ وَاٰتُوْا حَقَّهٗ يَوْمَ حَصَادِهٖ ۡ وَلَا تُسْرِفُوْا ۭ اِنَّهٗ لَا يُحِبُّ الْمُسْرِفِيْنَ ۝۱۴۱

It is He Who produced gardens, with trellises and without, and dates, and tilth with produce of all kinds, and olives and pomegranates, similar (in kind) and different (in variety): eat of their fruit in their season, but render the dues that are proper on the day that the harvest is gathered. But waste not by excess: for Allah love-th not the wasters.

Chapter No. 16 (Surah) Nahl (نحل) verse no. 11: -

يُنْۢبِتُ لَكُمْ بِهِ الزَّرْعَ وَالزَّيْتُوْنَ وَالنَّخِيْلَ وَالْاَعْنَابَ وَمِنْ كُلِّ الثَّمَرٰتِ ۭ اِنَّ فِيْ ذٰلِكَ لَاٰيَةً لِّقَوْمٍ يَّتَفَكَّرُوْنَ ۝۱۱

With it He produces for you corn, olives, date-palms, grapes and every kind of fruit: verily in this is a sign for those who give thought.

Chapter No. 23 (Surah) Mu'minun (مومنون) verse no. 20: -

وَشَجَرَةً تَخْرُجُ مِنْ طُوْرِ سَيْنَاۗءَ تَنْۢبُتُ بِالدُّهْنِ وَصِبْغٍ لِّلْاٰكِلِيْنَ ۝۲۰

Also a tree springing out of Mount Sinai, which produces oil, and relish for those who use it for food.

Chapter No. 24 (Surah) Noor (نور) verse no. 35: -

اَللّٰهُ نُوْرُ السَّمٰوٰتِ وَالْاَرْضِ ۭ مَثَلُ نُوْرِهٖ كَمِشْكٰوةٍ فِيْهَا مِصْبَاحٌ ۭ اَلْمِصْبَاحُ فِيْ زُجَاجَةٍ ۭ اَلزُّجَاجَةُ كَاَنَّهَا
كَوْكَبٌ دُرِّيٌّ يُّوْقَدُ مِنْ شَجَرَةٍ مُّبٰرَكَةٍ زَيْتُوْنَةٍ لَّا شَرْقِيَّةٍ وَّلَا غَرْبِيَّةٍ ۙ يَّكَادُ زَيْتُهَا يُضِيْۗءُ وَلَوْ لَمْ تَمْسَسْهُ نَارٌ ۭ نُوْرٌ
عَلٰي نُوْرٍ ۭ يَهْدِي اللّٰهُ لِنُوْرِهٖ مَنْ يَّشَاۗءُ ۭ وَيَضْرِبُ اللّٰهُ الْاَمْثَالَ لِلنَّاسِ ۭ وَاللّٰهُ بِكُلِّ شَيْءٍ عَلِيْمٌ ۝۳۵

Allahﷻ is the Light of the heavens and the earth. The Parable of His Light is as if there were a Niche and within it a Lamp: the Lamp enclosed in Glass: the glass as it were a brilliant star: Lit from a blessed Tree, an Olive, neither of the east nor of the west, whose oil is well-nigh luminous, though fire scarce touched it: Light upon Light! Allahﷻ doth guide whom He will to His Light: Allahﷻ doth set forth Parables for men: and Allahﷻ doth know all things.

Chapter No. 80 (Surah) Abasa (عبس) verse no. 29: -

فَاَنْۢبَتْنَا فِيْهَا حَبًّا ۝۲۷ وَّعِنَبًا وَّقَضْبًا ۝۲۸ وَّزَيْتُوْنًا وَّنَخْلًا ۝۲۹ وَّحَدَاۗىِٕقَ غُلْبًا ۝۳۰

And produce therein corn, And Grapes and nutritious plants, And Olives and Dates, And enclosed Gardens, dense with lofty trees,

Chapter No. 95 (Surah) Teen (تین) verse no. 1: -

وَالتِّيْنِ وَالزَّيْتُوْنِ ۝۱ By the Fig and the Olive,

In Quran, olive is mentioned 7 times (6 times directly mentioned by the name of *Zaitun* & 1 time in *Chapter Mu-minun* in indirect reference as "*A tree springing out of Mount Sinai, which produces oil & benefits to those who use it as food*".

Amongst the 6 direct references in Quran, 2 times it is mentioned alone & 4 times with other fruits like Dates, Pomegranates, Grapes & Figs.

Prophetﷺ's guidance about Zaitun (Olive)الزیتون: -

Benefits & Merits of Olive oil: -

1. Hazrat Umar Bin Khattabؓ says that Rasoolullahﷺ said, "Use Zait (زیت) (Olive oil) in eating & massage the body with it, for it comes from a precious (مبارکة) (blessed) tree.

[Tirmizi: 1851; Book. 25; English vol. 3; Book. 23; Hadees. 1851]

2. Hazrat Uqba Bin Aamir ﷺ says that Nabi ﷺ said "For you Zaitoon blessed tree oil is present, treat by it (oil) so that it cures Basoor (الباسور).

(Basoor is piles). [Abu Nu-aim/Al-tibbun Nabawi: 463.]

3. Hazrat Umar ﷺ says that Nabi ﷺ said treat with Zait (زيت) (Olive oil), eat & massage with it (oil) because it is Mubarak (مباركة) (blessed) tree.

[Ibn Ma-jah: 3319; Book. 29; English vol. 4; Book. 29; Hadees. 3319]

4. Hazrat Abu Hurairah ﷺ says that eat Zait (زيت) (Olive oil) & massage (with it) in it there is cure for 70 (سبعين) diseases, including Juzaam (الجذام). (Juzaam means leprosy) (kodh) or a severe skin disease

[Abu Nu-aim/Al Zait: 684]

5. Abdullah Bin Saeed narrated that his grandfather said: "I heard Abu Hurairah ﷺ saying that Rasoolullah ﷺ said, Eat Zait (زيت) (Olive oil) & apply it (on body) because it is Mubarak (مباركة) (blessed). ***This Hadith is graded as Da-if (zaif) by Darussalam.*** *[Ibn Ma-jah: 3320; Book. 29; English vol. 4; Book. 29; Hadees. 3320]*

6. Nabi ﷺ said who massages with Zait (زيت) (olive oil) shaitaan (evil) do not comes near him. *[Abu Nu-aim/Al Zait: 685]*

7. Hazrat Zaid Bin Arqam ﷺ says that Rasoolullah ﷺ advised, as a treatment for pleurisy (الجنبذات) (zaatul-janb), Memecylon (ورس) (Warss), Costus (قسط) (Qust), & Olive oil (زيت) (Zait) & take at one side of mouth (يُلَدُّ).

[Ibn Ma-jah: 3467; Book. 31; English vol. 4; Book. 31, Hadees. 3467]. ***This Hadith is graded as Da-if (zaif) by Darussalam.***

Means the preparation should be taken at the side of the mouth to which side the problem in the body is, means if the problem is at the right side of the body than take the preparation at the right side of the mouth. Means treat pleurisy with Warss, costus & olive oil. Warss & Costus are herbs. Please refer lesson no. 55 Warss & lesson no. 47 Costus (Qust) in part-2 & learn about them.

8. Maimun Abu Abdullah said: "I heard Zaid Bin Arqam ﷺ says that Rasoolullah ﷺ ordered us to use white costus (القسطالبحرى) & olive oil (زيت) for pleurisy (ذاتالجنب). ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Tirmizi: 2079; Book. 28; English vol: 4; Book. 2; Hadees. 2079]

9. Qatadah narrated from Abu Abdullah that Zaid Bin Arqam ﷺ said that Nabi ﷺ would acclaim olive oil (الزَّيْتَ) & Memecylon (الْوَرْسَ) (Warss) for (the treatment of) pleurisy." Qatadah said: "And it is put in the mouth on the side which he is suffering." ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Tirmizi: 2078; Book. 28, English vol. 4; Book. 2, Hadees. 2078]

10. Hazrat Khalid Ibn Saad ﷺ says that I & Ghalib Ibn Jabar ﷺ were travelling & Ghalib Ibn Jabar ﷺ fell ill, Than we reached Madinah, Ibn Abi Ateeq ﷺ visited him, (because Ghalib Ibn Jabar was ill) Ibn Abi Ateeq ﷺ was nephew of Hazrat A'isha رضى الله عنها & advice to use 5 or 7 seeds of Black Caraway (Kalonji) (الحبةالسوداء) crushed & mix in little olive oil (زيت) & put the preparation in both nostrils. Ibn Abi Ateeq ﷺ says that he heard Hazrat A'isha رضىاللهعنها saying that Rasoolullah ﷺ said that Habbat Sauda (الحبةالسوداء) (black seed) has cure for every diseases except death & Hazrat Galib Ibn Jabar ﷺ got well.*[Ibn Ma-jah: 3449; Book. 31; English vol. 4; Book. 31, Hadees. 3449]*

11. Hazrat Alqama Bin Aamir ﷺ says that Nabi ﷺ said "*For you Zait of Al-Zaitoon (زيتالزيتون) (Olive oil) is present*, use it, in eating & massage because it is beneficial in piles (Bawaseer) (البواسير)".

[Kanz al-Ummal: 28295]

Contents of Olive: -

Calcium, sodium, potassium, copper, iron, manganese, selenium, zinc, phyrtosterols, vitamin E, C, K, B-complex, omega 6, linoleic acid etc.

Scientific benefits of Olive: -

1. It protects coronary arteries (heart arteries), reduces cholesterol, blood pressure, controls diabetes, obesity, LDL (bad cholesterol), prevents cancers, breast cancers, stomach cancers, colon cancers, uterus cancer, ovarian cancers, skin cancers etc. It contains vitamin E & acts as an anti-oxidant, prevents stroke, depression, reduces plaque formation in coronary arteries & prevent atherosclerosis (hardening of arteries of heart) & helps in healing of wounds.
2. Best for skin as an anti-ageing, anti-wrinkles& increases tone of skin, cleans internal organs, helpful in rheumatoid arthritis, osteoporosis & osteoarthritis, good for hair, lice problem.

Science & Hadees regarding Olive & Qust: -

Olive medicinal uses: -

Nabi ﷺ recommended the use of olive oil in pleurisy. Keeping this in view olive oil was administered in various diseases of Respiratory tract & it was observed that the regular use of olive oil was affected in common cold & coryzha & pneumonia.

The medicinal & cosmetic uses of olive products are truly astounding. The oil is extremely nutritious & is recommended by dieticians to "*improve the balance of fats within the blood*" (Adams, 2001) as well as in lowering cholesterol levels. Since the 1950s, the benefits of the Mediterranean diet, rich in olive oil, have been extolled. While it has always been promoted as being beneficial in lowering cholesterol levels, it is now increasingly being linked to lowering blood pressure.

A study by Dr. Ferrara & his colleagues of the Frederico II University of Naples, Italy (Ferrera et al., 2000) compared the effects of two similar low-fat diets on the blood pressure of hypertensive patients. One diet was enriched with extra virgin olive oil, high in monounsaturated fatty acids while the second was enriched with the same amount of sunflower oil with a high content of polyunsaturated fatty acids.

The patients on the former diet, all hypertensive, showed significant reductions in their blood pressure, thereby indicating that a diet, rich in olive oil, is not only associated with lower levels of cholesterol, but with lower blood pressure as well. The DASH (Dietary Approaches to Stop Hypertension) eating plan, which promotes a diet low in sodium & high in unsaturated fats, also recommends olive oil (National Heart, Lung & Blood Institute, 2003).

Another medical benefit of olive oil relates to the maintenance of a healthy digestive system. Oxford University's Institute of Health found that "*olive oil may have a protective effect on the development of colorectal cancer*" (Stoneham et al., 2000).

Olive oil has traditionally been used to prevent constipation, assist in 'cleansing' of the gallbladder & in treating various ailments related to skin problems such as burns, scratches & sunburn (Cook, 1934). Cook, wrote in the 1930s, that, "*Those who recognize its wonderful medicinal properties & uses, will never fail to keep a bottle of pure olive oil in the house*."

Olive oil is also applied to the skin as it brightens the complexion, softens the skin & is used in the treatment of eczema & psoriasis. It is also used on the hair, especially problems relating to "*dry hair & flaky scalp*" (Adams, 2001). Furthermore, olive oil is used for massage & as carrier oil when blending essential oils.

The leaf of the olive tree is famous for its antiviral properties. It has been traditionally used to cool fevers by boiling the leaves in water & drinking the decoction. Olive leaf was not only used to treat severe cases of fever, but tropical diseases such as malaria as well. Today, olive leaf extract is available from natural health practitioners & taken orally in a tablet form.

Olive oil: -

The studies found that people who regularly consume olive oil are much less likely to develop cardiovascular diseases, including hypertension (high blood pressure), stroke & hyperlipidemia (high blood cholesterol& triglyceride levels) regular olive oil intake helps reduce inflammation, endothelial dysfunction (problems with the inner linings of blood vessels) thrombosis & carbohydrate metabolism.

Olive oil helps to prevent stroke: -

Dr. Cécilia Samieri, from the University of Bordeaux & the National Institute of Health & Medical Research (INSERM) of Bordeaux, France & colleagues reported in the journal Neurology that olive oil may prevent strokes in older people & frying with olive oil does not raise heart disease risk. The team found that older people who regularly used olive oil for cooking & salad dressing or with bread had a 41% lower risk of stroke, compared with their counterparts who never consumed it.

Dr. Samieri said, "*Stroke is so common in older people & olive oil would be an inexpensive & easy way to help prevent it*."

Olive oil may reduce breast cancer risk: -

A team of scientists at the University at Autonoma de Barcelona in Spain found a key mechanism by which virgin olive oil protects the body against breast cancer, in contrast to other vegetable oils. It is also very much helpful in reducing cholesterol levels, Alzheimer's disease, acute pancreatitis, protects the liver, ulcerative colitis.

Olive oil acts healing on acne & other skin conditions. However, one study noted that squalene, which is in olive oil, may contribute to relief of seborrheic dermatitis, acne, psoriasis or atopic dermatitis. One laboratory study reported that a mixture of honey, beeswax& olive oil inhibits the growth of Staphylococcus aureus& Candida albicans, with the same mixture reducin the discomfort of hemorrhoids (piles) &anal fissures (tear in anus) in adults. It is very much beneficial for massaging infants & toddlers.

Olive oil in metabolic syndrome: -

The metabolic syndrome is a combination of abdominal obesity, high blood pressure, abnormal cholesterol & high blood sugar. "Metabolic syndrome is connected to the obesity epidemic of our time, a big belly poisons our metabolism & a poisoned metabolism can result in type 2 diabetes, heart attacks, stroke, or sudden death," *a leading researcher reported*".

Olive oil which is rich in oleic acid, (mono-unsaturated fatty acid) & contains several bioactive compounds such as antioxidants, high in phenolic antioxidants, Saturated *Fat: 13.8%, Monounsaturated Fat: 73% (most of 18 carbon long oleic acid), Omega-6: 9.7%, Omega-3: 0.76%, Vitamin E: 72% of the RDA, Vitamin K: 75% of the RDA*, oleocanthal, as well as oleuropein (antioxidants & anti-inflammatory), Some people have criticized olive oil for

having a *high Omega-6 to Omega-3 ratio (over 10:1)*, but keep in mind that the total amount of polyunsaturated fats is still relatively low, so this shouldn't be a cause for concern.

Qust (costus) & Zait (olive oil) use together: -

Qust is an anti-bacterial herb with a very good effect & olive oil increases its medicinal actions & both enhance action of each other.

A research on Qust (costus) for pleurisy (zatul Jamb) & other lungs disease: -

Anti-bacterial effect of Indian costus (Qust ul Hind) & sea-Qust & their water extracts on some pathogenic bacteria of the human respiratory system. AL-Kattan, Manal Othman Faculty of Science (Girls), Department of Microbiology, King Abdul Aziz University, Jeddah, Saudi Arabia (Accepted on 4 May, 2012).

The pathogenic bacteria of the human respiratory system are characterized by resistance (medicines do not work) to most antibiotics. Staphylococcus aureus & Klebsiella pneumonia are some of the pathogenic bacteria of the human respiratory system which often cause pneumonia, pleurisy & meningitis. Moreover, they are the most prominent strains of bacteria in most hospitals.

Bacterial resistance to antibiotics occurs as a result of excessive usage of antibiotics in the treatment of diseases. For that reason, it is necessary to seek for medical alternatives that are safer for the treatment of these bacteria. Alternative medicine, especially, has revealed many plants & herbs that are used in the treatment for some diseases including respiratory diseases.

The purpose of this study was to determine the effect of the Indian costus & sea-costus on the pathogenic bacteria; Escherichia-coli, Pseudomonas aeruginosa, Staphylococcus aureus & Klebsiella pneumonia. In addition, the effect of the water extracts of the Indian costus & sea-costus on Staphylococcus aureus & Klebsiella pneumonia was also determined.

Result of the research: -

The results showed antibacterial effect of two types of dried Costus roots on all tested bacteria, especially in high concentrations. Also, the cold or hot water extract of Indian Costus was highly effective against tested bacteria at 20 to 25% concentration, while the hot extract of sea-Qust was more effective against tested bacteria than its cold extract in all the concentrations used.

Conclusion of Hadees: -

Olive is blessed tree, has barkat in it, eat its oil & apply on body, it cures leprosy, Basoor, best for pleurisy & shaitaan (evil) run away when we use it, can be used in combination of Warss (Memecylon), Qust (costus) etc should be taken in one side of mouth or put in nose.

…….This lesson has 10 Hadees……..

Lesson no. 41 Pumpkin & Bottle Gourd (Kudu & Duddhi): -

Dubba (Round Pumpkin)

Kar'a (Elongated Pumpkin)

Bottle Gourd. (Dudhi)	*Bottle Gourd (Round) Gol Dudhi*

Names

1. *In Quran it is called as YAQTEEN (يقطين) (means a plant without branches) means it is creeper.*
2. *In English it is called as Pumpkin.*
3. *In common language it is called as Kaddu.*
4. *In Hadees, Pumpkin is called as Kar'a (القرع) and Dubba (الدباء).*
5. *Round Pumpkin is called Dubba & elongated Pumpkin is called as Kar'a.*

Consideration: -

Many scholars consider bottle gourd (dudhi) as Dubba & Kar'a, but many consider pumpkin (Kaddu), we can consider both pumpkin & bottle gourd, but pumpkin refers stronger than bottle gourd. Bottle gourd is lauki (Dudhi). So we should eat both & both are considered as Sunnah, Though Allah ﷻ knows better.

Quranic reference of it: -

1. Chapter No. 37 (Surah) As-Saffat verse no. 139 to 146 In these verses the story of Prophet Yunus ﷺ is told & Yaqteen is mentioned as climbers like tree.

وَأَنۢبَتۡنَا عَلَيۡهِ شَجَرَةٗ مِّن يَقۡطِينٖ ١٤٦

&We caused to grow over him a tree, a gourd.

Prophet ﷺ's guidance about Pumpkin (الدُّبَّاء) & (القرع): -

A Feast: -

1. Narrated Anas Bin Malik رضي الله عنه that, a tailor invited Rasoolullah ﷺ to a meal which he had prepared. I went with Rasoolullah ﷺ to that meal & the tailor served Rasoolullah ﷺ with barley bread (خُبْزًامِنْشَعِيرٍ) & soup of round pumpkin (الدُّبَّاء) & cured meat. I saw Rasoolullah ﷺ picking the pieces of gourd from around the dish & since then I have kept on liking round pumpkin (الدُّبَّاء).

[Bukhari: 5439; Book. 70; English vol. 7; Book. 65; Hadees. 350]

Nabi ﷺ had a slave (gulam) to who (respected) Nabi ﷺ had freed this slave became a tailor & invited (respected) Nabi ﷺ for a feast.

Liking of Pumpkin: -

2. Hazrat Anas Bin Malik رضي الله عنه says that Nabi ﷺ liked (حب) long pumpkin(القرع) very much. *[Ibn Ma-jah: 3302; Book. 29, English vol. 4; Book. 29; Hadees. 3302]*

Dubba (Pumpkin) used to increase the food: -

3. Narrated by Hakim Bin Jabir رضي الله عنه that his father said: "I entered upon Nabi ﷺ in his house & He ﷺ had some of round pumpkin (الدُّبَّاء), I asked 'What is this?' Nabi ﷺ replied 'This is long pumpkin (الْقَرْعُ), it is round pumpkin (الدُّبَّاء) we augment our food with it". ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Ibn Ma-jah: 3304; Book. 29; English vol. 4; Book. 29, Hadees. 3304]

4. Jabir Bin Taariq رضي الله عنه says that "I attended the assembly of Rasoolullah ﷺ & I observed, they were busy cutting round pumpkin (الدُّبَّاء) into pieces, I inquired 'What shall be made of this', He ﷺ replied, It will be added in our food.

[Shama'il Muhammadiya: 161; Book. 26, English Book. 25, Hadees. 152]

Benefits & merits of Pumpkin: -

5. Hazrat Anas Bin Malik رضي الله عنه says that Nabi ﷺ said that round pumpkin (الدُّبَّاء) increases the intelligence, brain function & increases brain strength. *[Kanz al-Ummal: 28277]*

6. Hazrat Ataa Bin Ribah رضي الله عنه says that Rasoolullah ﷺ said that long pumpkin (القرع) is present for you, which increases the intelligence & strengthens the brain (الدماغ). *[Shobul Imaan: 5547]*

7. Hazrat Wasilaﷺ says that Nabiﷺ said that long pumpkin (القرع) is present for you, which increases the intelligence (الدماغ) & lentils (masoor daal) (العدس) is also present for you, which was eaten by more than 70 Prophet of Allah ﷺ. *[Tabraani: 152]*

8. Hazrat A'isha رضی اللہ عنہا said to father of Hazrat Hisham Bin Arwahﷺ that Nabiﷺ said to her that whenever you cook dry meat add round pumpkin(اَلدُّبَّاء) in it because it strengthens the heart which is effected with (قلبالحزين) inferior complex. *[Ibne Qayyim vol. 1; page. 308]*

9. Hazrat Abu Talutﷺ says that I went to Hazrat Anas Bin Malikﷺ & he was eating long pumpkin (القرع) & he said long pumpkin (القرع) is from such a plant to which I like very much because it is loved very much by Rasoolullah ﷺ. ***This Hadith is graded as Da-if (zaif) by Darussalam.***
[Tirmizi: 1849; Book. 25; English vol. no. 3; Book. 23, Hadees. 1849]

About Nabiz: -

10. Sumamah Bin Hazn Al-Qushairi (ثُمَامَةُبْنُحَزْن) said: "I met A'isha (r.a) & asked her about Nabiz, She said, 'The delegation of 'Abdul-Qais came to Rasoolullahﷺ & asked in which vessels they should soak (fruits - to make Nabiz). Nabiﷺ forbade them to soak (fruits) in round pumpkin (اَلدُّبَّاء), Naqir, Muqayyar & Hantam. *[An-Nasa'i: 5638; Book. 51; English vol. 6; Book no. 51, Hadees no. 5641]* ***This hadith is graded as da-if (zaif) by Darussalam.***

11. Hazrat Abu Hurairahﷺ said Nabiﷺ forbade soaking (fruits) in round pumpkin (اَلدُّبَّاء) & Muzaffat (containers for make Nabiz).
[An-Nasa'i: 5630; Book. 51; English vol. 6; Book. 51, Hadees. 5633]
(Nabiz is, dates, grapes or dried grapes soaked in water overnight & the syrup is drank, this Nabiz converts into alcohol so it is not allowed to prepare nabiz in pumpkin, green container etc as people use to do at that time) (Please refer lesson no. 10 Dates)

Raw pumpkin contents: -

Energy, Vitamin A, beta-carotene, lutein & zeaxanthin, Thiamine (vit.B1), Riboflavin (vit.B2), Niacin (vit.B3), Pantothenic acid (vit.B5), Pyridoxine (vit.B6), Folate (vit.B9), Vitamin C, Vitamin E, Vitamin K, Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc, carbohydrates etc.

Scientific benefits of pumpkin: -

1. It is amongst the low calories vegetable. 100 g of it provides just 26 calories &contains no saturated fats or cholesterol; It is rich in dietary fiber, anti-oxidants elements, minerals, vitamins like vitamin-A, vitamin-C & vitamin-E, it Improves vision due to Vitamin A (retinol).
2. It helps in control of cholesterol & weight. It is also an excellent source of many natural poly-phenolic flavonoid compounds such as alpha & beta carotenes, cryptoxanthin, lutein & zea-xanthin. (carotenes are converted into vitamin A inside the body).
3. Zea-xanthin is a natural anti-oxidant which has UV (ultra-violet) rays filtering actions in the macula lutea in retina of the eyes. Thus, it helps protect from "*age-related macular disease*" (ARMD) in the elderly.
4. It is a good source of B-complex group of vitamins like folic acid, niacin, vitamin B-6 (pyridoxine), thiamin & pantothenic acid.
5. It is also rich source of minerals like copper, calcium, potassium & phosphorus. Pumpkin seeds are an excellent source of dietary fiber & mono-unsaturated fatty acids, which are good for heart health.
6. In addition, the seeds are concentrated sources of protein, minerals & health-benefiting vitamins.
7. For instance, 100 g of pumpkin seeds provide 559 calories, 30 g of protein, 110% RDA of iron, 4987 mg of niacin (31% RDA), selenium (17% of RDA), zinc (71%) etc but no cholesterol. Further, the seeds are an excellent source of health promoting amino acid tryptophan. Tryptophan is converted into *GABA* in the brain.
8. Pumpkin juice is a juice extracted from raw pumpkins. Its juice has several health benefits due to which it can be used as a healthy substitute for carbonated drinks.
9. Pumpkin has a high content of vitamin D as well as minerals like copper, iron & phosphorus. Juicing is a suitable way to obtain these nutritional benefits of pumpkin.
10. This juice is highly regarded by vegetarians because of its delicious taste & versatility of use.
11. It is also used as an active ingredient in many sweets & pharmaceutical preparations.
12. It has Magnesium which is good for heart. It helps in ATP (adenosine triphosphate) formation (the energy molecules of our body) & it increases pumping action of our heart, proper bone & tooth formation, relaxes the blood vessels & brings proper bowel function.
13. Magnesium has been shown to benefit your blood pressure & help prevent sudden cardiac arrest, heart attack & stroke.
14. Pumpkin seeds are a rich source of zinc & it is important for our body in many ways, increases immunity, cell growth & division, sleep, mood, your senses of taste & smell, eye & skin health, insulin regulation & male sexual function. Helps in colds & flu, chronic fatigue, depression, acne, low birth weight babies, learning problems & poor school performance in children.

15. Pumpkin seeds are one of the best sources of plant-based omega-3s (alpha-linolenic acid or ALA). We all need ALA; however, ALA has to be converted in our body into essential omega-3 fats EPA & DHA.
16. Pumpkin seeds are important natural food for men's health because of high zinc content, which is important for prostate health.
17. Pumpkin seed extracts & oil are used in treating benign prostatic hyperplasia (BPH, or enlarged prostate). Research suggests that both pumpkin seed oil & pumpkin seeds are beneficial in supporting prostate health.
18. Pumpkin seeds may help improve insulin regulation & help prevent diabetic & decreases oxidative stress.
19. Pumpkin seed oil is rich in natural phytoestrogens & studies suggest it may lead to a significant increase in good "HDL" cholesterol along with decreases in blood pressure, hot flashes, headaches, joint pains & other menopausal symptoms in postmenopausal women.
20. Pumpkin seeds are rich in healthy fats, antioxidants & fibers, & provide benefits for heart & liver health, particularly when mixed with flax seeds.
21. Pumpkin seeds are a rich source of tryptophan, an amino acid (protein building block) that our body converts into serotonin, which in turn is converted into melatonin, the "sleep hormone.
22. Eating pumpkin seeds a few hours before bed, along with a carbohydrate like a small piece of fruit, may be especially beneficial for providing your body the tryptophan needed for your melatonin & serotonin production to help promote a restful night's sleep.
23. Pumpkin seed oil has been found to exhibit anti-inflammatory effects especially in arthritis, without the side effects.

What's the best way to consume pumpkin seeds?

1. Pumpkin seeds should be eaten raw, but should be fresh & should soaked in water & than keep them in oven or roast them on a low heat *(At not more than 170 degrees F heat or 75 degrees Celsius)*, sprinkled with Himalayan or other natural salt, for about 15-20 minutes).

Scientific benefits of bottle gourd & its uses: -

1. Bottle gourd contains 92% of water & the remaining is easily digestible fiber. So it is the easily digestive food.
2. The glucose & sugar related compounds are nearly nil in the bottle gourd. So it the one of the food option for the diabetic patients.
3. Bottle gourd is the one of the body heat control food. It keeps your body temperature at normal level.
4. Bottle gourd juice is widely used for the weight loss. Take the fresh bottle gourd & peel the skin of the veggie & make the bottle gourd into small pieces. Take those pieces into juicer & make them as juice. Filter the juice from the waste. This bottle gourd juice helps to reduce the weight.
5. Bottle gourd helps to reduce the blood sugar levels. Take the bottle gourd in the daily diet or to make the habit of drinking the bottle gourd juice daily helps a lot to the diabetic patients.
6. It helps in reducing inflammations of liver & kidneys.
7. This bottle gourd juice is also helpful in treating diarrhea. Take bottle gourd juice with a pinch of the salt this will heal diarrhea.
8. It is the best food for the person suffering from constipation. The water & fiber in the bottle gourd make the digestive system free & active & relief constipation.
9. Sesame oil mixed with the bottle gourd in the equal amounts & applied on hair & scalp, before going to bed, helps to have good sleep. It is one of the remedy for the insomnia (lack of sleeps).
10. Bottle gourd helps to treat the urinary tract infection. Take the fresh bottle gourd juice & squeeze the fresh lime in it & mix both & take it orally. It is a best remedy for the urinary infections.

Content of bottle gourd (dudhi): -

Water, Energy, Protein, Carbohydrate, Dietary Fiber, Phosphorus, Potassium, Sodium, Zinc, calcium, Vitamin C, B1, B2, B6.

Science & Hadees regarding Squash (pumpkin): -

Squash is among the vegetables mentioned by Nabi. Hadees from Bukhari quotes that Ibn Malik said, "A tailor invited the Prophet to a meal that he had prepared & I went along with the Prophet. The tailor presented barley bread & soup containing gourd & cured meat. I saw the Prophet picking the pieces of gourd from around the dish & since then I have kept on liking gourd.

Dexter L. Morris, MD, PhD, vice chairman & associate professor in the department of emergency medicine at the University Of Northern Carolina School Of Medicine says that "Squash & gourd contain such a rich array of vitamins & minerals & other compounds that scientists have just begun to map its healing power." However, they have managed to come to at least a few conclusions & one is that squash is one of the richest sources of vitamin C & beta-carotene (25% & 66% respectively). Scientists have found that people who have more vitamin C in the diets over time have fewer lung ailments as the vitamin gets transported to the lining of the lung & serves as an antioxidant. Also read scientific benefits.

In Hadees it is mentioned it increases the brain function & intelligence: -

For instance, 100 g of pumpkin seeds provide 559 calories, 30 g of protein, 110% RDA of iron, 4987 mg of niacin (31% RDA), selenium (17% of RDA), zinc (71%) etc but no cholesterol. Further, the seeds are an

excellent source of health promoting amino acid tryptophan. Tryptophan is converted to GABA in the brain; tryptophan is needed for melatonin & serotonin production to help promote a restful night's sleep. It also prevent stroke.

In Hadees it is mentioned it strengthens the heart, reduces inferior complex: -

It has Magnesium which is good for heart. It helps in ATP (adenosine triphosphate) formation (the energy molecules of our body) & it increases pumping action of our heart, proper bone & tooth formation, relaxes the blood vessels & brings proper bowel function. Magnesium has been shown to benefit your blood pressure & help prevent sudden cardiac arrest, heart attack & stroke. Pumpkin seeds are an excellent source of dietary fiber & mono-unsaturated fatty acids, which are good for heart health.

Conclusion of Hadees: -

Nabi ﷺ liked pumpkin, it should be added in food, it increases the brain function & intelligence, strengthens the heart, reduces inferior complex, it was eat by previous Prophets also. We are not allowed to prepare Nabiz in it. (Nabiz is when dates or raisins are soaked in water overnight & the syrup is drank) *(Please refer the lesson no. 33 on dates in part-2).....This lesson has 11 Hadees.....*

Also read encyclopedia on this lesson; it is present in a separate book or on my website www.tib-e-nabi-for-you.com in pumpkin lesson on my website.

Lesson no. 42 Beet Root (Salq) (السلق): -

BEETS	GET TO KNOW ME
	Baby Candy Cane Beet. Baby beets are popular served sliced in a salad, or as a side dish. They are sweeter than all other beets & take less time to prepare. Available year-round.
	Blankoma Beet (white beet root or Chard) White beet with an early maturity, the blankoma beet has a fine, tender bulb that is very tasty when cooked. It is best enjoyed roasted with olive or nut oil. They are available year-round.
	Bull's Blood Beet (dark reddish) An heirloom beet, with sweet flavor, that is richer than the usual beet. Like the beet itself, the leaves of the plant are a deep red & can be eaten as a salad leaf. The juice from the bull's blood beet is used to make the food red coloured. It is available year-round.
	Chiogga Beet White-fleshed Italian heirloom beet with rings of color that can be purple, red or pink. The chiogga beet has a sweet peppery flavor & is smooth & mild tasting. It is beautiful served sliced raw in a salad, or roasted & tossed. It is available year-round.
	Golden Beet The golden beet has a deep gold color flesh instead of the traditional red. It also doesn't bleed like the typical red variety. The flavor of a golden beet tends to be milder. It is available year-round.

Names

1. In Hadees they are called as Salq (السَّلْق).
2. In Hindi they are called as Chukander, Shaljam.
3. In English they are called as Beet Root.
4. Many scholars consider Salq as white beet root (Chard).
5. We can consider all types of beet root, but white beet root should to more consider.

Details: -

They are taproot portion of beet root plants, their tap root, leaves & stems are used as cooked food, medicinal uses, eaten raw as salad, drank as juices or soup, as vinegar, pickles, jams, ice creams, sauces etc. All variety has a unique shape, size & colour, all are from same family.

Nabiﷺ's guidance about Salq (Beet root): -

After Friday Salah, a special dish: -

1. Hazrat Sahl Bin Saadؓ narrates, we used to be happy on Fridays, for there was an old lady who used to pull out the roots of Chard (white beet root) (السَّلْق) & put it in a cooking pot with some barley. When we had (use to) finished the (Friday) prayer, we would visit her & she would present that dish before us. So we used to be happy on Fridays because of that & we never used to take our meals or have a mid-day nap except after the Friday prayer. By Allahﷻ, that meal contained no fat.

[Bukhari: 5403, 6248; Book. 70, 79; English vol: 7, 8; Book. 65, 74; Hadees. 315 & 265]

Guidance to use dates, barley (jaw) etc, during & after illness: -

2. Hazrat Umme Munzir رضی اللہ عنہا says that Rasoolullahﷺ& Hazrat Ali ؓ both came home, she had bunches of dates (دوال), she served bunches of dates (دوال) to both, both started to eat the dates, but when Hazrat Aliؓ had eaten 7 dates (approximately) he was stopped by Rasoolullahﷺ from eating more, & He ﷺ said to Hazrat Aliؓ that you were ill last days & now you are weak, so do not eat more, Hearing to his Umme Munzir رضی اللہ عنہا prepared Sareed (ثرید) (thin gravy) of meat, beet root & chapatti (خبز) from jaw (الشعیر) (barley flour) & served to both, on this Rasoolullahﷺ said to Aliؓ eat this dish, this is beneficial for you.

[Tirmizi: 2036; Book. 28, English vol. 4, Book. 2, Hadees. 2036]

Content of beet root: -

Carbohydrate, sugar, starch, protein, dietary fibers, zinc, potassium, sodium, iron, magnesium, phosphorus, Manganese, calcium, Vitamin B1, B2, B3,B5, B6, B7, B12, C,A, betaine, nitric acid etc.

Scientific benefits of beet root: -

Beetroots are antitumor, carminative, emmenagogue, haemostatic properties, antioxidant, helpful in cardiovascular conditions, used as colouring agent, helps regulate blood pressure, promotes cognitive health, prevention against anemia, they have antioxidant, anti-inflammatory & detoxification properties, lowers bad cholesterol, they are stamina enhancer via oxygen usage efficiency, weapon against infection, gate keeper of blood flow to certain organs & they improve digestion.

Beet root contain high amounts of boron, which is directly related to the production of human sex hormones, reduces changes of cancers, best for skin, hairs, liver, kidney, heart, lungs, brain etc.

Science & Hadees regarding beet root: -

In Hadees Nabiﷺ stop Hazrat Aliؓ to take more Dates & advised to eat gravy of beetroot: -

Beetroot is a powerhouse of nutrients & has many important health benefits. As well as purifying the blood, fighting cancer & other diseases, this super food has recently been found to provide an energy boost & improve physical performance whilst using up less energy. It is rich in Vitamin B; it is helpful for skin & hair growth. Including 1 glass Beetroot juice in our diet controls the high blood pressure & also improves the memory power.

1. No Fat: - Beetroots doesn't contain fat as it helps us to reduce the desire of eating sweet. It will be beneficial for those who are dieting.
2. Boosts the Energy: - Beetroots contains carbohydrates & it helps to give instant energy.
3. Folic Acid: - Folic Acid is essential for women as it helps to develop the fertility system & prevents prostate health; Including Beetroot in your diet is the natural way of gaining folic acid in our body.
4. Nutrition: - Many Parents feel that we lack in providing nutritious food to their children, So Beetroots are the best nutritious foods as it contains Vitamin A, C, Magnesium, Calcium, Minerals, Potassium, Iron etc which helps to provide the required energy & supplements to our body.

5. For Healthy Heart: - Are you suffering from High blood pressure? Then take 1 glass of beetroot juice daily. It contains Nitrates, when it mixed with blood it produces nitric oxide which helps to reduce the blood pressure so can we yield good healthy heart.

6. Beetroot Juice: - Taking Beetroot juice daily gives lot of benefits to us. It just contains not only Nitrates; but have the rich sources of Vitamins, Minerals & Amino acids. It also has the characteristic of fighting against cancer causing agents. A glass of beetroot juice a day will improve blood flow to the brain, which will result in better & efficient brain functioning. Beetroot juice naturally & efficiently opens blocked blood vessels & veins & increases the blood flow in the body. A glass of beetroot juice a day improves the immune system & gives you a kick of energy.

Conclusion of Hadees: -

Happiness of Hazrat Sahl Bin Saadﷺ indicates that beetroot was liked by them, & saying that if it has no fats indicates that they disliked fats which is mostly unwanted by the body & gives severe ill effects in health. Hazrat Aliﷺ was advised to eat beetroot gravy in place of dates, indicates its importance in health after illness (recovery period) means we should eat them in recovery periods. & also note the intelligence of Umme Munzir رضی اللہ عنہا that when she heard that Aliﷺ was stopped from eating more dates quickly prepared what was suitable for Aliﷺ. This shows how intelligent & wise they were regarding uses of food. *…….This lesson has 2 Hadees…….*

Lesson no. 43 Fenu Greek (Methi) (الحلبة): -

Names

1. *It is called Hulba in Hadees & Arabic (الحلبة).*
2. *In English it is called as Fenugreek.*
3. *In Hindi & Urdu it is called as Methi.*
4. *Latin name is Gracecue foenum.*

Prophetﷺ's guidance about Hulba (الحلبة) (Methi): -

Arabic words written in below references are the words mentioned in respected Hadees. You can confirm the references of Hadees at:
sunnah.com & *Al-Maktab Al-Shamilah* (المكتبة الشاملة) also.

You can visit my website at*www.tib-e-nabi-for-you.com*

Seek Cure in Hulba (Methi): -

1. Hazrat Kasim Bin Abdur Rehmanﷺ says that Nabiﷺ guided (us) to seek cure in Fenugreek (الحلبة) (Methi).

[At-Tibb Al-Nabawi (Al-Jawzi) volume 1; page no. 227]

A preparation with Hulba (Methi) for sick person: -

2. Once Hazrat Saad Bin Abi Waqqasﷺ fell ill in Makkah, Nabiﷺ visited him & asked to call a doctor, Al Haris Bin Kuladah was called, he came & examined Hazrat Saadﷺ & said he is not serious & advised to take dates (khajur), barley (jaw) & boiled fenugreek (seeds) (Methi) water & prepare soup like broth (daliya) than put honey in it & give to Hazrat Saadﷺ at early morning, (luke warm). & Hazrat Saadﷺ got well; Nabiﷺ liked the preparation advised by Al Haris Bin Kuladah. *[Al-Tibb Al-Nabawi Harful Haa vol no. 1; page no. 230]*

Hulba (Methi) & Gold: -

3. Hazrat Maaz Bin Jabalﷺ said that "if you know the benefits of Fenugreek (seeds) (الحلبة) (Methi) & if the price of it increases as price of gold, you will purchase it for gold price & use it.

[Majmauz Zawaid: 8035]

Scientific benefits of Methi: -

1. Good for throat infection.
2. Reduces swelling, cough, acidity, chronic cough, gas, piles, lungs infection,
3. It helps indigestion.
4. Cures lice & dandruff (its water (Methi water) should be applied).
5. It is helpful in liver & kidney diseases & menstrual problems.
6. Induces labour pain.
7. Increases urine output.

Part used: -

Leaves, stem, seeds. (Seeds are best for medicinal use & leaves & soft stem for cooking purpose).

Adjuvant with Methi: -

(Means other things which can be used with Fenugreek seeds (Methi): - Dates (Khajur), black caraway (Kalonji), fig (Anjeer), Licorice (mulethi), barley (jaw), honey, chicory (Kasni).

Contents: -

Carbohydrate, minerals, calcium, phosphorus, iron, protein, Vitamin A, C, K, D, B1, B2, B3, B6, folic acid, zinc, copper, selenium, magnesium, manganese, phosphorus, sodium, potassium, dietary fibers, trigonelline etc.

How to use Methi: -

1. Cooked & eaten.
2. Seeds should be boiled in little water for 15 minutes, then filtered & then the water should be drunk in Luke warm condition.
3. Gargle with warm Methi water for throat infections.
4. Soak Methi seeds in little water over night, filter & drink it at early morning empty stomach.
5. Chew the seeds properly & eat.

Science & Hadees regarding Methi (Fenugreek): -

In light of Hadees saying that seek cure in it: -

The chemical composition of Fenugreek seeds (Methi seeds) depicts that it contains proteins & Amino acids in such a ratio comparable to milk. Besides phosphates, it contains an organic form of iron which is easily absorbable through gastro-intestinal tract. It contains several Alkaloids but Trigonelline is an important one. The salts in it relieve the inflammation of urinary tract infections. On the basis of its chemical composition, it can be used as an expectorant. In the cases of Nephritis (kidney infection) when dieuresis (urine output) becomes least, it is a good remedy to increase dieuresis. 5gm of Methi seeds powder if taken with water is highly beneficial in dysentery & diarrhoea. The lukewarm decoction of Methi seeds if taken with honey is beneficial in cough & increases urination. It is also a good appetizer & might be used in dyspepsia (indigestion) & anorexia (lack of hunger). It also increases milk secretion when it is deficient.

It is a source of iron & B-complex hence can be used in general weakness. It is also reported that continuous use of Methi seeds is also significant in the treatment of hemorrhoids (piles). The recent studies show that it is a good remedy for diabetes mellitus & Fenugreek seeds are also known for their anti-diabetic property

Several patients who were having raised blood glucose level & were treated with the formulation comprising Methi seeds; Black Caraway (Kalonji) & tukhm-e-kasni (chicory seed) improved significantly & the blood glucose level became normal. Some patients of NIDDM (Non-Insulin dependent) were also treated with Methi seeds, Berg-e-Neem & Black Caraway (Kalonji) & showed very good response. Methi seed is also useful in chronic dysentery & peptic ulcer.

They are also considered excellent to treat arthritis & to reduce blood cholesterol. They also increase breast milk production in breastfeeding mothers. Fenugreek contains natural expectorant (expulsion of phlegm) properties & is considered ideal for treating sinus & lung congestion. It also helps in loosening & removing excess mucus & phlegm. The mucilage content of the seeds help to cure external boils, burns & ulcers.

Conclusion of Hadees: -

1. Seek cure by using Fenugreek seeds, it worth's to purchase how much costly in may be, can be used in combination with other herbs during illness. *…….This lesson has 3 Hadees…….*

Lesson no. 44 Cress (الثفاء): -

No Quranic references of cress are found. There are many types of cress.

Types: -

1. Garden cress (Also known as pepper cress).
2. Land cress.
3. Water cress.

Names

1. *Latin name is Lepidium sativum.*
2. *English name is Cress.*
3. *Arabic name is Al-Rashad. (Hubbur Rashad).*
4. *Hadees name for its seeds is As-Safa (الثفاء) & its plant is called as Hurf.*
5. *In Syria it is called as Al-Baqdosnis Al-Haad.*
6. *Hindi and Urdu name is Chandrashoor, kachri Methi.*
7. *Its seeds are called in Hindi & Urdu as Halim, Chandrashoor etc.*

Prophetﷺ's guidance about Cress(الثفاء): -

Cress, a cure for all diseases: -

Hazrat Abu Hurairahؓ said to Qais Ibn Rafe'ؓ that Rasoolullahﷺ said that "You have Cress (الثفاء) present for you; Allahﷻ has put healing in it for every disease. *[Al-Tibb Al-Nabawi (Al-Jawzi); page no. 640.]*

Two Bitter things: -

2. Hazrat Abdullah Bin Abbas رضی اللہ عنہما says that Nabiﷺ asked "What kind of healing is in two bitter things Cress (الثفاء) & Aloe Vera (الصبر)"*[Al-Haawi Al-Kabeer vol no. 3; page no. 243]*

To fumigate our houses: -

3. Hazrat Abdullah Bin Jafar & Hazrat Aaban Bin Saleh Bin Anas ؓ says that Nabiﷺ advice to fumigate (dhooni with smokes) our house with dried cress leaves (الشیح), Mor (المر) & Thymes (الصعتر).

[Baihaqi: 5679]

4. Hazrat Abdullah Bin Jafar ﷺ says that Nabi ﷺ said that "Fumigate your houses with dried cress leaves (الشيح) & Benzoin (اللبان) (Loban). *[Baihaqi: 5678]*

Al-Sheeh (الشيح) mentioned in Hadees are (according to many scholars) dried leaves of cress (may also be some other herbs). Sau'atar mentioned in Hadees (الصعتر) is Thymus serphyllum & it is used in fumigation (dhooni) (Refer Lesson no. 66 in part-2), Mur mentioned in Hadees (المر) is a gum of a tree & refer Lesson no. 64 Loban (اللبان).

Loban mentioned in Hadees (اللبان) is called as Olibanum (Styrax benzoin) & Frankin cense in English. It is obtained from a tree, it is gum of it. *(Refer Lesson no. 64 Loban (اللبان) also)*.

Contents: -

carbohydrates, sugar, dietary fibers, protein, vitamin A, beta carotene, lutein, zeaxanthin, vitamin B1, B2, B3, B5, B6, B9, vitamin E, vitamin K, Calcium, iron, manganese, phosphorous, potassium.

Scientific benefits of cress: -

1. Good for eye diseases.
2. Increases sexual desire.
3. Reduces allergy, worms, and cough.
4. Helps in dysentery, scurvy diseases, asthma, chronic cough, removes phlegm.
5. Reduces swelling, pain, bronchitis, bleeding.
6. Helps in piles, diabetes, leprosy, skin diseases.
7. It stops diarrhea & leucorrhoea.
8. Improves lungs function.
9. Heals dyspepsia, lumbago, spleenomegaly.
10. It increases urine output.
11. Reduces fever.

Science & Hadees regarding Cress: -

In Hadees, it is mentioned that use cress for curing your disease because it has healing in all disease: -

According to research its therapeutic uses are for: - Coughs, headache, colds, bronchial ailments, tuberculosis, asthma, emphysema, stress, pain, arthritis, stiff back & joints, diabetes, anemia, constipation, cataracts, failing eyesight, night blindness, leukemia, cancer, hemorrhages, heart diseases, eczema, scabies, body deodorizer, edema, bleeding gums, weight loss, indigestion, alcoholism, intestinal parasites, circulation, sluggish menstruation, lack of energy, kidney & gall stones, as a brain & nerve strengthener; ailments of the spleen, thyroid & liver; to normalize cholesterol & blood pressure; to improve memory, for mental function decline & to retard ageing; for failing or scant milk supply of nursing mothers; to regulate flow of bile, health of glands & the functions of body metabolism. It is one of the best sources of iodine, other than seaweed, Iodine is important for the functioning of the thyroid gland. The leaves used as a poultice are applied for relief from enlarged prostate gland.

The chlorophyll-rich leaves are chewed to absorb breath odours. Dr. Robert Willner in 'The Cancer Solution' states that chlorophyll is an effective anti-cancer substance, with antioxidant action, helping to neutralize free radicals from chemicals, pesticides, cigarette smoke, diesel emissions & many other environmental mutagens.

Conclusion of Hadees: -

Cress has healings for all diseases; fumigate the houses with its seeds.

…….This lesson has 4 Hadees…….

Lesson no. 45 Black Caraway (Kalonji) (الحبة السوداء): -

Names

1. *It is called as Small Black seed, Samal fennel and Black Cumin, Black Caraway in English.*
2. *In Hadees it is called as Habbat Sauda'a & Shuneiz (الحبةالسوداء)(الشونيز).*
3. *In Arabic it is called as Habbat Sauda'a (الحبةالسوداء).*
4. *In Sanskrit it is called as Krishna jeerak.*
5. *In Latin it is called as Nigella sativa.*
6. *In Urdu && Hindi it is called as Kalonji.*
7. *In Persian it is called as Shuneiz (الشونيز).*

Prophetﷺ's guidance about Black Caraway (Kalonji) (الحبةالسوداء): -

Black Caraway (Kalonji)) cure for all diseases: -

1. Hazrat Abu Hurairahؓ says that Rasoolullahﷺ said, Black Caraway (الحبةالسوداء) (Kalonji)) has cure for all diseases except death & Habbat Sauda'a are Shuwniz (الشونيز).

[Ibn Ma-jah: 3447; Book. 31; English vol. 4; Book. 31, Hadees. 3447]

2. Narrated by Usman Bin Abdul Malik that he heard Salim Bin Abdullah narrated from his fatherؓ that Rasoolullahﷺ said "You make yourself use Black Caraway (الحبةالسوداء) regularly so that there is cure for all diseases in it except death".

[Ibn Ma-jah: 3448; Book. 31; English vol. 4; Book. 31, Hadees. 3448]

3. Hazrat Abu Hurairahؓ says that Nabiﷺ said there is no disease in which Black Caraway (الحبةالسوداء) does not gives cure except saam & saam is death. *[Tirmizi: 2041; Book. 28; English vol. 4; Book. 2, Hadees. 2041]*

A preparation with Black Caraway (Kalonji) for sick person: -

4. Hazrat Khalid Ibn Saadؓ says that I & Ghalib Ibn Jabarؓ were travelling & Ghalib Ibn Jabarؓ fell ill, Than we came Madinah, Ibn Abi Ateeq visited him, *(because Ghalib Ibn Jabar was ill)* Ibn Abi Ateeq was nephew of Hazrat A'isha رضىاللهعنها & advice to use 5 or 7 seeds of Black Caraway (الحبةالسوداء) crushed & mix in little olive oil (زيت) & put the preparation in both nostrils. Ibn Abi Ateeq says that he heard Hazrat A'isha رضىاللهعنها saying that Rasoolullahﷺ said that Black Caraway (الحبةالسوداء) (black seed) has cure for every diseases except death & Hazrat Galib Ibn Jabarؓ got well.

[Ibn Ma-jah: 3449; Book. 31; English vol. 4; Book. 31, Hadees. 3449]

5. Hazrat Qatadahؓ narrates that take 21 seeds of Black Caraway (Kalonji)) daily, tie them in a piece of cloth, then infuse them in water & later put 2 drops in right nostril & 1 drop in left, then second day 2 drops in left & 1 drops in right nostril & the third (day) two drops in the right & one drop in the left."

[Tirmizi: 2070; Book. 28; English vol. 4; Book. 2, Hadees. 2070].

Other references about Black Caraway (Kalonji): -

1. Ibn Hajar says that Black Caraway (Kalonji) can be used alone, or with other medicines, or with honey, or with olive oil, or with food, or with medicated drinks, or use as a nasal drops (crushed & mixed in olive oil). Can be used raw, chewed & taken, the above all means that, it can be taken in any form, any time, any age. But early morning empty stomach & at 6.00 pm & at night while sleeping (is best).

Hazrat Zahbi says that Black Caraway (الحبةالسوداء) (removes obstruction of all types in the body, expels out the waste products out of the body, strengthens the digestive system, increases milk secretion, menstrual cycle, urine output, if it is mixed in vinegar & eaten it expels out worms & helpful in chronic cough.

Scientific benefits of Black Caraway (Kalonji): -

1. *There are 20 types of Black caraway (kalonji).*
2. *Indian is amongst the best.*
3. *England, Surahin, Turkish, Damascene Black caraways (kalonji) are also best.*
4. *The seeds are present in the ripen fruits of Black caraway (kalonji).*
5. *Good for headache, migraine, paralysis, facial palsy, cataract, kidney stones, bladder stones, common cold, cough, asthma, stomach disorders etc.*
6. *Increases mother's milk.*
7. *Increases sexual drives.*
8. *It regulates menstrual cycle.*
9. *Makes face brighter & shiny.*
10. *Its oil is best for asthma (it is very important in treatment of asthma).*

11. Work as an anti-bacterial.
12. Increases immunity.
13. It increases urine output.
14. It is anti-Bacteria.

Science & Hadees regarding Black Caraway (Kalonji): -

In Hadees it is mentioned that Black Caraway (Kalonji) has healing in it for all diseases except death, research reveals it true & it has been found that it helps & cure in many diseases, here are some with how to use.

Liver diseases & jaundice: -

1.JAUNDICE: - Take one cup of milk, add half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day, morning & after dinner). Treatment may continue for a week. Avoid fatty & sour eatable items.

2. LIVER DISORDER & JAUNDICE: - Put some carom seeds (Ajwain) in water & next day filter & pour 3 spoon of Black Caraway (Kalonji) oil in carom water. Take once a day. Or take some leaves of Heena (Mehndi) & put in the water at night time. In the morning after filtering add 14 pieces of Black Caraway (Kalonji) seeds, one spoon of honey & 1 spoon of Black Caraway (Kalonji) oil. Use this mixture once in a day.

3.DISEASES OF LIVER & ABDOMEN: - Take 100 grams of honey & half tea spoon of Black Caraway (Kalonji) oil & drink this mixture half in the morning before breakfast & half in the evening. Use this process for one month. Avoid Tamarind items.

Abdominal Pain: -

4. STOMACH PAIN: - Mix 1 spoon of Black Caraway (Kalonji) oil with pinch of salt in half glass of warm water & drink it. It is useful for stomach pain.

5. STOMACH PAIN: - (all types): In a glass of sweet lime (Mosambi) juice add to spoon of honey & half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day. Avoid all gas elements. Treatment may continue for 21 day.

6. STOMACH PAIN: - Mix 1 spoon of Black Caraway (Kalonji) oil with little pinch of salt in half glass of warm water & drink it. It is useful for stomach pain.

7. STOMACH ACHE OF THE CHILDRENS: -Take two drops of Black Caraway (Kalonji) oil mix it with mother ī's milk or cow milk & give to the child. Black Caraway (Kalonji) oil also should be rubbed on the ribs.

Abdominal Swelling & Problems: -

8. SWELLING OF STOMACH: - Mix 3 grams of powdered caron seeds (Ajwain), 3 grams powdered Fenugreek seed (Methi) & 4 drops of Black Caraway (Kalonji) oil together. Take this mixture before breakfast & before dinner.

9. DISEASES OF ABDOMEN: - (Hernia): - Take one tablespoon of juice of Bitter Gourd (Karela) & add half tea spoon of Black Caraway (Kalonji) oil. Use this mixture in the morning before breakfast & before lunch & before dinner.

10. GASES & ACIDITY: - Mix some ginger juice with 10 drops of Black Caraway (Kalonji) oil, add some salt & water. Use mixture for immediate relief.

11. DYSPEPISA, INDIGESTION, GASES, STOMACH IRRITATION & STOMACH ACHE: - In this case take one spoon of Ginger juice & half tea spoon of Black Caraway (Kalonji) oil & drink twice a day. This treatment is also useful for obesity. This medicine makes the patient slim.

12. DYSENTERY, DIARRHEA: - Mix some isapgol with half cup of curd & 1 tea spoon of Black Caraway (Kalonji) oil, use three to four times a day.

13. GASTICE TROUBLES: - Take 60 grams powdered carom seed (Ajwan), 1 spoon Black Caraway (Kalonji) oil & mix 3 teaspoon lime juice let it dry in the Sun add 10 grams of black salt & use daily once in evening.

14. CONSTIPATION: - 20 gms of jaggery (gudh), 4 grams senna powdered (sona mukhi) (cassia agustifolia) mixed with a glass of warm water add 1 spoon Black Caraway (Kalonji) oil & drink it before going to bed.

15. DIGESTION OF FOOD: - Treatment: Mix 2 drop of ginger, half spoon of Black Caraway (Kalonji) oil & one spoon of sugar. Use this mixture twice a day (Morning & evening). Continue the treatment for 10 days. Avoid gas creating food.

16. MEDICINE FOR DIGESTION:- mix 40 gms powder of Carom seeds (Ajwain), 1 spoon Black Caraway (Kalonji) oil with lime juice let it dry in the sun use one pinch after every meal. Avoid gas creating foods.

17. NAUSEA & VOMITING: - Mix & preserve, 100 grams pure vinegar (sirka) 200 grams sugar & 3 spoon of Black Caraway (Kalonji) oil. Use 10 to 20 ml 2 times a day or as per need.

18. NAUSEA OR VOMITING:- Take one spoon of Caration powder & add half tea spoon Black Caraway (Kalonji) oil & boil it. Now in this warm mixture add mint (Pudina leaves) & use thrice a day.

Worm Infestation: -

19. WORMS IN THE STOMACH: - Mix one spoon vinegar with half tea spoon of Black Caraway (Kalonji) oil. Take thrice a day morning before the breakfast, after noon & at night. Continue the treatment for 11 days.

20. ROUND WORMS & TAPS WORMS IN THE STOMACH: - Take half spoon Vinegar mixed with half tea spoon of Black Caraway (Kalonji) oil & use it twice a day & eat some coconut pieces. Avoid sugar items

21. WORMS IN THE STOMACH: - Take 14 crushed seeds of Black Caraway (Kalonji); 2 drop of Black Caraway (Kalonji) oil & one drop of pure vinegar (sirka) mixe it in 250 ml of water & drink it.

Hiccups: -

22. FOR HICCUPS: - Eat 1 spoon Black Caraway (Kalonji) oil & 7 seeds of Black Caraway (Kalonji) with butter.
23. HICCUPS: - Take one big spoon cream (Malai) Mixed with 2 drops of Black Caraway (Kalonji) oil & drink in the morning & in the night. Treatment may continue for seven days

Joint Problems: -

24. JOINT- PAINS & ARTHRITIS etc: - Take one spoon of vinegar, add half tea spoon of Black Caraway (Kalonji) oil & mix two spoons honey, use twice a day (In the morning before the breakfast & in the night after dinner).
25. JOINT PAIN: - Swelling on ankle & other pains in the joints. Take one spoon vinegar & two spoons of honey & add half tea spoon of Black Caraway (Kalonji) oil. Use this mixture two times a day & also massage with same oil or Til oil. Avoid gas producing elements for 21 days.
26. JOINT PAINS, BACK ACHE & NECK PAIN: - Eat two pieces of dry fig & add 4 drops of Black Caraway (Kalonji) oil in one cup of Milk. Do not eat anything till two hours. Treatment is to be continued for 2 months. Avoid potatoes, tomatoes, green chilli & bottle gourd.
27. GENERAL WEAKNESS: - Take half tea spoon of Black Caraway (Kalonji) oil & add one spoon honey. Mix together & use it once a day. General weakness & other diseases will be going.
28. TUMOUR: - Rub the Black Caraway (Kalonji) oil on the effected part & drink half tea spoon of Black Caraway (Kalonji) oil once. Treatment may continue for fifteen days.
29. CANCER: - *(Intestine cancer, Blood cancer, Throat cancer etc)*: Take one glass of grape juice & half tea spoon Black Caraway (Kalonji) oil & use thrice a day once in the morning before breakfast, after lunch & after dinner. Take one Kg. barley & two Kg. wheat flour, mix together, make bread (Roti) or broth (Daliya or Harira) & give to the patient. Treatment may continue for forty days. Avoid Potato, Colocasiaroots (Arbi), Brinjal & Raw mango of small size (Ambada, keri).

Colocasia roots (Arbi)

Raw mango of small size (Ambada, keri)

30. BLOOD PRESSURE: - In any hot drink tea or coffee, add half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day. Also eat two cloves of Garlic daily.
31. BLOOD DEFICIENCY (Anemia) & Ulcer in the Intestine: - Take some mint (Pudina Leaves), mix with water, boil it & make a cup of juice & add half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day morning & evening. Treatment may continue for 21 days.
32. SHIVERING: - Daily take two half boiled eggs & follow the treatment as mention for Polio & Paralysis element.
33. ANYTYPE OF SWELLING: - Heat required quantity of Black Caraway (Kalonji) oil & apply on affected area & half tea spoon of Black Caraway (Kalonji) oil to be consumed twice a day.
34. TREATMENT OF SWELLING ON VITAL ORGAN: - On swelling below thigh, first wash it with soap & dry. Rub Black Caraway (Kalonji) oil on the swelling part & keep it as it is for the next day morning. Treatment may continue for three days.
35. POISONOUS ATTACKS: - Eat two pieces of fig & take half spoon of Black Caraway (Kalonji) oil & mix with two spoons of honey & drink, with this mixture you will be protected from snake bites. Don't allow the patient to sleep for four hours. Use this mixture for seven days.
36. OBESITY: - Half tea spoon of Black Caraway (Kalonji) oil, two spoons of honey mixed in Luke warm water & take twice a day. Avoid taking rice.
37. SOUND SLEEP: - After dinner take half tea spoon of Black Caraway (Kalonji) oil with one spoon of honey, you will get a sound sleep.
38. FOR ACTIVENESS: - Half tea spoon of Black Caraway (Kalonji) oil with 2 spoon honey daily before breakfast.
39. REVITAL OF THE BODY, (Azme-e-Hali): - Take juices of Orange (Malta) (citron) add half tea spoon of Black Caraway (Kalonji) oil & use it for Laziness & tiredness will be going.
40. TO MAINTAIN HEALTHY BODY: - In 1 Kg. of wheat flour, add half tea spoon of Black Caraway (Kalonji) oil & make roti & eat. Insha-Allah! You will remain healthy.
41. POISONOUS VIRUS: - Take one glass warm water; add one spoon date (Khajur) powder, half spoon Black Caraway (Kalonji) oil & two spoons of Honey, mix together & use thrice a day once in the morning before breakfast, after lunch & after dinner. Treatment may continue for forty days. Avoid Potato, Brinjal, Pulses like lentils (Masoor ki Dal) & chickpeas (Chana ki Dal).

42. DIABETES (SUGAR): - the following method is to be adopted. Take one cup decoction (Black tea), Mix half table spoon of Black Caraway (Kalonji) oil & drink it in the morning & before going to bed. Avoid oily food stuff, particularly fried items. If any other allopathic treatment is going on continue it. After 20 days check the sugar, is its normal Allopathic should be stopped & Black Caraway (Kalonji) treatment be continued. After forty days, sweet can be taken to check the sugar level. If the blood sugar gets normal stop the treatment.

43. STAMMERING: - Mix half tea spoon of Black Caraway (Kalonji) oil with 2 spoons of honey & keep it on the tongue twice a day.

Teeth Problems: -

44. TOOTH ACHE & SWELLING OF GUMS: - Apply one drop of clove oil with Black Caraway (Kalonji) oil on the affected part 2-3 minutes for cleaning the teeth, heat black salt (lahori salt) & crush it than add few drops of olive oil & rinse the teeth with it.

45. TOOTH ACHE, CAVITIES & TOOTH DECAY: - At the time of going to bed put a piece of cotton which is soaked in Black Caraway (Kalonji) oil, on affected part. Continue this treatment at least for seven days. Dental problems will get healed.

46. TOOTH PAIN & SWELLING OF GUMS: - Take one spoon of vinegar & add half tea spoon of Black Caraway (Kalonji) oil & apply on affected area for two or three minutes & rinse the mouth. Repeat this process twice a day. Treatment may continue for one week.

47. DENTAL DISEASES: - Fall of teeth prematurely, weakness of the teeth, flow of blood from the teeth, bad smell of the mouth, swelling on gums: - Take one cup of curd & half tea spoon of Black Caraway (Kalonji) oil, use this mixture twice a day morning before breakfast & after dinner.

Ear Problems: -

48. IN ALL EAR DISEASES: - Heat one teaspoon of Black Caraway (Kalonji) oil with one spoonful of olive oil & let it cool. Put two drops of the mixture at bed time, you will get immediate relief.

49. EAR DISEASES, EAR ACHE & FLOW OF PUS & LOW HEARING: - Heat the Black Caraway (Kalonji) oil & let it cool & put it two drops of cooled Black Caraway (Kalonji) oil in ear.

50. HEARING PROBLEMS, EAR PAIN & FLOW OF PUSS: - Mix equal quantity of pure olive oil, almond & Black Caraway (Kalonji) oil & heat them. Put one drop in each ear of this mixture twice a day in the morning & bed time.

Throat Problems: -

51. SWELLING OF THROAT: - Take one cup of warm water & add two spoons of honey & half tea spoon of Black Caraway (Kalonji) oil. Use this mixture twice a day morning before breakfast & before going to bed). Treatment may continue for 10 days. Avoid ice Cream, cold water, coconuts, lemon, orange & sweet lime (Mosambi).

Cough, Cold & Sinus: -

52. COUGH: - Take one cup of warm water, add two spoons of honey mix with half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day, before breakfast & after the dinner. Treatment may continue for two weeks. Avoid cold stuffs.

53. SINUS, COLD: - Take one spoon honey & add 1 spoon Black Caraway (Kalonji) oil. Use this mixture daily in the morning & evening. Avoid cold stuff items. At night when going to bed, put one drop of Black Caraway (Kalonji) oil in both nostrils, Inshaallah you will get relief from SINUS & Persistent Cold.

54. SEVERE COLD: - Take half cup of water & half tea spoon of Black Caraway (Kalonji) oil & quarter spoon of Olive oil & mix together & filter. Put two drops in each nostril. This method is the best for cold. Use this process twice a day.

55. PERSISTENT COUGH: - Mix 10 grams of Paracress (Akar-kara), 200 grams honey, 100 grams of Black Caraway (Kalonji) oil together. Take the mixture, one spoon thrice a day. Restrict from ice cream, fridge water, custard apple. Continue the treatment for 40 days.

Paracress *Akarkara*

56. COUGH BRONCHITIS: - Crush 10 grams of Flaxseeds & boil in 1 liter of water, Boil the water till reduced to 1/3, filter it. Add 1 spoon of Black Caraway (Kalonji) oil & two spoon honey. Use this mixture twice a day & avoid cold stuffs.

57. CHEST IRRITATION: - Take half tea spoon of Black Caraway (Kalonji) oil mixed with a cup of milk & use this mixture twice daily. Treatment may continue for 3 days.

Asthma, Allergy: -

58. ASTHMA, COUGH & ALLERGY: - For the treatment of these diseases the following method is adopted. Take a cup of warm water, one spoon of honey & half tea spoon of Black Caraway (Kalonji) oil. Mix this together & drink in the morning before the breakfast & dinner. Take treatment for forty days. Avoid cool food stuff.
59. ASTHMA: - Mix a pinch of salt, 1 spoon of Black Caraway (Kalonji) oil with one spoon pure Ghee & apply/rub on the chest & throat. Simultaneously drink mixture of 1 spoon Black Caraway (Kalonji) oil & two spoon of honey twice a day.

Heart Disease: -

60. Heart Attack: - In a cup of goat milk add half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day. Avoid all fatty food items. Continue treatment for ten days. After ten days use daily once.
61. HEART ATTACK, SWELLING ON BREATHING VEINS: - Blockage of heart valve, breathing problem, cold sweating, pressure on heart. Take one cup of Goat's milk add half tea spoon of Black Caraway (Kalonji) oil. Use this mixture twice a day, before breakfast & before going to bed. Treatment may continue for 21 days. Avoid fatty items.
62. HEART WEAKNESS: - *(Heart Trouble)*: - Mix 4 drops of garlic juice in 4 drops of Black Caraway (Kalonji) oil & add some sugar & water & take this mixture daily.

Urinary & kidney problems: -

63. BURNING MICTURITION, URINE DEFICIENCY: - Take 200ml milk & add 1 spoon of Black Caraway (Kalonji) oil & one spoon honey. Take this mixture twice a day.
64. STONE IN KIDNEY, BLADDER & UTERUS: - Take one cup of warm water & add two spoon of honey mixed with half tea spoon of Black Caraway (Kalonji) oil & use this twice a day, once in the morning before breakfast & once after dinner. Avoid tomatoes, spinach (Palak), lemon diet, custard apple (sitaphal) for three years.
65. STONE KIDNEY: - In a cup of warm water add two tea spoons of honey & half tea spoon of Black Caraway (Kalonji) oil dilute & use this mixture twice a day. Avoid spinach, lemon, sweet lime (Mosambi), tomatoes. Treatment should be continued until the stone get expel.
66. RENAL COLI (Kidney pain): - Take 250 grams Black Caraway (Kalonji) grind it & take one cup of honey, mix together. From this mixture take two spoons mixture & add half cup water & add half tea spoon of Black Caraway (Kalonji) oil use it once a day. Treatment may continue for twenty one days
67. BURNING MICTURIATION: - Take one cup sweet lime (Mosambi) juice; add half tea spoon of Black Caraway (Kalonji) oil. Use this mixture twice a day before breakfast & before going to bed. Treatment may continue for 10 days. Avoid hot stuff items chilly & sour food items.
68. KIDNEY TROUBLE, INFECTION IN THE KIDNEYS: - Take half tea spoon of Black Caraway (Kalonji) oil; add 2 grams Paracress (Akar-kara) powder, mix one spoon honey with one cup of water & drink. This treatment is also useful for chronic cough (Purani Khansi). Treatment may continue 21 days

Piles: -

69. PILES: -Take 50 grams of powder of Heena (Mehndi) leaves add 250 grams pure Olive oil & boil them for 5 minutes. Pour three drops of Black Caraway (Kalonji) oil with the help of cotton. Apply this paste on the piles. This process may be used twice a day morning & at the bed time. Also eat 4-5 figs with 1 spoon Black Caraway (Kalonji) oil.
70. PILES: - Take one spoon of Vinegar & add half tea spoon of Black Caraway (Kalonji) oil & apply on piles. This process may be used twice a day.
71. PILES, BLEEDING, CONSTIPATION: -Take half tea spoon of Black Caraway (Kalonji) oil mixed with one cup of Decoction (Black tea) twice a day (once in the morning before breakfast & one in the night). Avoid hot & spicy items.

Skin disease& for complexion & fairness: -

72. LEPROSY, WHITE SPOTS OF ANY KIND: - Take half spoon of Black Caraway (Kalonji) oil in one cup of orange juice & use this syrup twice a day or take one spoon vinegar (homemade), one spoon honey & half spoon Black Caraway (Kalonji) oil mixed together & use this mixture twice a day. Treatment may continue until the symptoms disappear.
73. SKIN DISEASES: - In one cup of vinegar add half tea spoon of Black Caraway (Kalonji) oil & apply this mixture on the affected areas before going to bed. Treatment may continue until you get well.
74. SKIN DISEASES: - (White/Black spots): In one cup of vinegar add half spoon Black Caraway (Kalonji) oil & apply that on the affected area before going to sleep at night & take bath in the morning. Treatment may continue until you get well.
75. ECZEMA: - Mixe 10 mgs of Senna (Sona mukhi) (Cassia agustifolia) & Black Caraway (Kalonji) oil each & take costus (Qust) water with 500 grams vinegar (sirka) after boiling filter & apply on the lesion.
76. SKIN DISEASE RELEATED TO PIMPLES BOILS: - Before going to bed apply Black Caraway (Kalonji) oil on the affected areas of the body & sleep, in the morning wash with soap. This treatment may continue of 21 days.
77. PSORIASIS: - Mix juice of six lemons with 50 grams of Black Caraway (Kalonji) oil together rub on the affected part.
78. FACIAL PROBLEMS, PIMPLES, RED GRANULES & ANY TYPE OF SPOTS: - Take one cup of Orange or Sweet lime (Mosambi) juice or Pineapple juice & add half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day,

morning before the breakfast & before going to bed. Treatment may continue for four weeks. Avoid hot & spicy eatables.

79. LEPROSY: - Take apple juice & Black Caraway (Kalonji) oil, first rub apple juice & then Black Caraway (Kalonji) oil one by one the effected part.

80. FAIRNESS OF FACE: - Take 50 grams of Olive oil & add 50 grams of Black Caraway (Kalonji) oil. Take half teaspoon in the morning before breakfast. Skin will be fair & glowing pink. (Note: - Pregnant women are not allowed to take this preparation).

81. TO IMPROVE COMPLEXION: - Take 10 grams of Fuller's Earth (multani mitti) & add four drops of Black Caraway (Kalonji) oil rub this paste at night before going to bed & wash the face with warm water & soap (skin care) after 15 minutes.

82. CRACKED HAND & CRACK FOOT WITH BLOOD FLOW: - Take one glass of sweet lime (Mosambi) Juice & add half tea spoon of Black Caraway (Kalonji) oil & use this twice a day, at morning before breakfast & at night before going to bed. Avoid chicken, egg, brinjal. Use the herbal ointment made of Black Caraway (Kalonji).

83. FRESHNESS & HANDSOMENESS: - Take one spoon of olive oil. Mix together with half tea spoon of Black Caraway (Kalonji) oil & rub it on the face. After one hour wash it with soap water. Treatment may continue for one week or more.

84. BURNS: - 30 grams of Olive oil & 5 grams of Black Caraway (Kalonji) oil, 15 grams of Calamus (BUCH) & 80 grams of Heena (Mehndi) leave. Mixe together & apply on affected parts.

Calamus *BUCH*

85. TO KEEP THE FACE & SKIN SMOOTH: - Take two big spoons of honey & half spoon of Black Caraway (Kalonji) oil & half spoon of Olive oil & mix altogether. Use this mixture two times a day in the morning & before going to bed. Treatment may continue for 40 days.

86. UTERUS PROBLEMS: - 1 Bunch of mint (pudina) juice, 2 spoon of Rock sugar powder (Misri), 3 tea spoon of Black Caraway (Kalonji) oil, mix & use before breakfast. This treatment may continue for 40 days.

87. BLEEDING RELATED DISEASES OF WOMEN: - White discharge etc. Put half bunch of mint (Pudina) in two cups of water & reduce it to half by boiling & add 2 spoon powder of Rock sugar (misri) & 3 spoon Black Caraway (Kalonji) oil, take this mixture before breakfast. Treatment may continue for 40 days.

88. MENSTRUAL PROBLEMS: - Take one spoon of honey & mix with half tea spoon of Black Caraway (Kalonji) oil & drink one tea spoon in the morning before the breakfast & one tea spoon in the evening. Use this process for two weeks.

89. LADIES SECRET DISEASES: - *(Leucorrhoea, White Discharge, Menses discharges 2 to 4 times a month, stomach pain, back pain) Treatment:* - Take mint (Pudina leaves) add two glasses of water & boil, then add half tea spoon Black Caraway (Kalonji) oil & drink one time in the morning before the breakfast & at bed time. Treatment may continue for forty days. Avoid Pickles, brinjal egg & fish.

90. LADIES DISEASES: - (Stoppage of menses for long term, stomach pain): Take one cup of warm water add half tea spoon Black Caraway (Kalonji) oil & two spoons of honey one time in the morning before the breakfast & at bed time. Treatment may continue for month. Avoid potato & Brinjal.

91. FOR INCREASING MOTHER'S MILK: - One cup milk two drops of Black Caraway (Kalonji) oil in the morning before breakfast & at night before going to bed.

92. MATERNITY: - The mental weakness after the child born, tiredness & bleeding related diseases: Take one cup of cucumber juice; add half tea spoon of Black Caraway (Kalonji) oil. Use this mixture twice a day before breakfast in the morning & before going to bed. Treatment may continue for 40 days.

Eye disease: -

93. CATARACT: Mix 1 spoon of Black Caraway (Kalonji) oil with black tea in the morning & with the milk at night. Take twice a day.

94. OPTHALMIC DISEASE: - Redness of eyes, cataract, eyes problem, eye weakness & watering etc. Treatment: - Take one cup of carrot juice mix with half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day (in the morning before breakfast & in the night after dinner) , Treatment many continue for forty days. Avoid Pickle, Brinjol.

Hair disease: -

95. TREATMENT FOR BALDNESS: - Take 20 grams Black Caraway (Kalonji) oil & 20 grams powder of Henna (Mehndi), Add 60 grams of vinegar (Sirka) & rub on the baldness & Wash after one hour. Insha-Allah baldness will be healed & also useful for recovery of damage hair. Note: - this process may be used once in a week.

96. BALDNESS OF HEAD: - Rub the Black Caraway (Kalonji) oil on the head twice a day & use a mixture made of one cup coffee mixed with half tea spoon of Black Caraway (Kalonji) oil & use it twice a day.

97. FALLING HAIRS PREMATURELY: - Rub Lime Juice on the head & leave it for fifteen minutes, then wash it with shampoo, after getting dried rub the Black Caraway (Kalonji) oil all over the head. Falling hairs will be controlled within a week. Treatment may continue for one week or more.

98. DANDRUFF: - Mix 10 grams of Black Caraway (Kalonji) oil, 30 grams of Olive oil & 30 grams of Henna (Mehndi) powder & heat for a while. Apply after self-cooling.

Sexual disease: -

99. MALE RELATED DISEASES, Night discharge: - Take one cup of apple juice & add half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day morning before breakfast & after dinner. Daily four drops of Black Caraway (Kalonji) oil should be rubbed on the head. Treatment may continue for 21 days. Avoid hot & spicy eatables.

100. SEXUAL DISORDERS: - *(Weakness)*: Take two teaspoon of honey & add one drop of Black Caraway (Kalonji) oil with one drop of Nutmeg (jaiphal) oil. Use this mixture daily before going to bed. Treatment may continue for two weeks.

Nutmeg *(jaiphal) oil*

Fever: -

101. HIGH TEMPERATURE: - Take half tea spoon of Black Caraway (Kalonji) oil with decoction (tea without Milk or Black tea). Continue till the temperature comes to normal.

102. SIMPLE FEVER: -Take half cup of water & add half lemon Juice mixed with half tea spoon of Black Caraway (Kalonji) oil & use it twice a day. Treatment may continue until you get relief. Avoid use of Rice.

103. BRAIN FEVER: - Allow the vapours of Black Caraway (Kalonji) oil enter the body through breath. Take one lemon juice & half tea spoon Black Caraway (Kalonji) oil & use for 3 days twice a day & from fourth day 1 tea spoon Black Caraway (Kalonji) oil in one cup of decoction (black tea) twice day.

Memory problems: -

104. MEMORY POWER: - To increase the memory power, take 10 gm. Mint (Pudina leaves) & boil it with the water & add half tea spoon of Black Caraway (Kalonji) oil & use it twice a day. Treatment continues for twenty days.

105. WEAK MEMORY: - *(Absent mindedness)*: In case of absent mindedness crush seven seeds of Black Caraway (Kalonji). Add one spoon of honey & 1 spoon of Black Caraway (Kalonji) oil. Use this mixture daily. Also chew 3-4 pieces of cardamom (Elaichi) a day.

106. FROM HEAD TO TOE ANY PROBLEM: - Mix one cup of orange juice with half tea spoon of Black Caraway (Kalonji) oil, take before breakfast & at night bed time. Treatment may continue for four months.

Headache:-

107. HEADACHE: - Rub Black Caraway (Kalonji) oil on the forehead & near ears & also drink half tea spoon Black Caraway (Kalonji) oil twice a day.

108. HALF SIDE HEADACHE: - Put one drop of Black Caraway (Kalonji) oil in nostril (nose) opposite to the headache side & also take half spoon of Black Caraway (Kalonji) oil daily.

109. MADNESS: - Take half tea spoon of Black Caraway (Kalonji) oil & mix with cold water & drink. If you mixe the same in Sesame (Til) oil with boiled water & let it cool & drink. For SNAKE POISON same process should be adopted. Avoid Guava, Banana & Custard apple (Sitaphal).

Epilepsy: -

110. EPILEPSY: - Take one cup of warm water & add two spoons of honey & mix them & add half tea spoon Black Caraway (Kalonji) oil use it twice a day. During this treatment cold food should not be taken. Avoid guava, Banana, Custard apple (Sitaphal) for three years.

Polio or Paralysis: -

111. POLIO & PARALYSIS (Laqwa): - Take one cup of warm water, add one spoon of honey & half tea spoon Black Caraway (Kalonji) oil & use this mixture twice daily & for children take 2 spoons milk add 3 drops of Black Caraway (Kalonji) oil, give this mixture 3 times a day. Treatment should be continued for forty days.

112. POLIO & PARALYSES: (Laqwa): Daily put one drop of Black Caraway (Kalonji) oil in the nostril, which is opposite to Polio side, use half spoon of Black Caraway (Kalonji) oil with one spoon of honey.

Conclusion of Hadees: -

Black Caraway seeds & oil have healings for all disease except death, use it regularly, can be used in combination with other herbs during illness.

…….This lesson has 5 Hadees…….

Lesson no. 46 Sweet Basil (Rehaan) (Rayhan) (الریحان) (Tulsi): -

Names

1. *The word Rehaan (Rayhan) (الریحان) means sweet swelling plant.*
2. *Hindi it is called as Tulsi.*
3. *In it is called Rehaan (Rayhan) (الریحان) in Hadees, Quran & Arabic.*
4. *In English it is called as Sweet basil, Myrtle.*
5. *In Sanskrit it is called as Vishwa Tulsi.*
6. *In Hindi, Gujrati & Urdu it is called as Sabza.*
7. *In Marathi it is called as Tukmaria.*
8. *In Latin it is called as Ocimum basillicum.*
9. *Its Family is Larniaceae.*

Introduction: -

The word Rehaan (Rayhan) (الریحان) means sweet smelling plants. It is not one type of plant, Allah ﷻ has gifted every region sweet smelling plants, according to their needs & they all come under the topic of Rehaan (Rayhan) (الریحان) means every region grow sweet smelling plants of its own kind by the grace of Allah ﷻ.

Characters of Rehaan (Rayhan) (الریحان): - The leaves, stems, pods, flowers etc all have a sweet smell, but the taste is bitter.

There are different - different species of sweet smelling plant in the world & all come under the title of Rehaan (Rayhan). In India it may be Tulsi. In Arab it may be Myrtle. In Iraq & Syria, it may be Sweet basil. In India, Tulsi have all qualities & can be taken under the heading of Rehaan (Rayhan).

Quranic references: -

1. Chapter No. 55 (Surah) Rahmaan verse no. 12: -

وَالْحَبُّ ذُو الْعَصْفِ وَالرَّيْحَانُ

&also corns, with leaves & stalks for fodder & sweet-scented plants.

Chapter 56 (Surah) Waaqia verse no. 89: -

فَرَوْحٌ وَرَيْحَانٌ وَجَنَّتُ نَعِيمٍ

For him are the comfort & flower & a garden of delight.

Prophetﷺ's guidance about Rehaan (Rayhan)(الريحان): -

Rehaan (Rayhan) in Jannah: -

Hazrat Usama Bin Shariqؓ narrates a long Hadees in which Nabiﷺ explained a long detail about Jannah)(الجنة in that, it is said that, In Paradise (الجنة) there will be plants of Rehaan (Rayhan) (الريحان) (sweet smelling plants) & its branches. (It is a long Hadees).

[Kanz al-Ummal: 39268]

Do not refuse or reject Rehaan (Rayhan), if it is gifted: -

2. Hazrat Abu Usman An-Nahdiؓ says that Nabiﷺ said if anyone of you is given (gifted) Rehaan (Rayhan) (الريحان) (fragrance) do not reject (refuse) it, (because) it is from Paradise (الجنة).

[Tirmizi: 2791; Book. 43, English vol.5; Book. 41, Hadees no. 2791]

3. Hazrat Abu Hurairahؓ says that Nabiﷺ said whoever is offered Rehaan (Rayhan) (الريحان), should not refuse it, (because) it has pleasant smell & is light in weight.

[Muslim 2253; Book no. 40; English Book no. 27; Hadees no. 5600]

Quran reciting people: -

4. Hazrat Abu Musa Al-Ash'ariؓ says that Rasoolullahﷺ said "A believer who recites Qur'an is like an orange whose fragrance is sweet & whose taste is sweet, a believer who does not recite Qur'an is like a date which has no fragrance but has a sweet taste & the hypocrite (munafiq & faajir) who recites Qur'an is like Rehaan (Rayhan) basil whose fragrance is sweet, but whose taste is bitter & a hypocrite (munafiq & faajir) who does not recite Qur'an is like the colocynth which has no fragrance & has a bitter taste.

[Bukhari: 5427; Book. 70; English vol. 7; Book. 65; Hadees. 338.]

(Colocynth is a bitter cucumber & also bitter apple).

Nabiﷺ's Rehaan (Rayhan) on Earth: -

5. Nabiﷺ said that Hasan & Huseinؓ both are my Rehaan (Rayhan) (الريحان) (sweet smelling flowers) on earth (الدنيا). *[Mishkat: 6145]*

Angels Referring a pious soul as Rehaan (Rayhan): -

6. Narrated by Abu Hurairahؓ that Rasoolullahﷺ once explained a long detail about angels (Farishtaas) coming to a good pious person to remove his soul, the Angels refer the good person's soul as Rehaan (Rayhan) (الريحان) (*Along with many praises*). *[Mishkwat: 1627]*

Part to be used: -

Leaves, soft -stem, fruits, pods, roots, flowers, Stem, stem bark, root- bark.

How to use: -

1. Fresh leaves, soft stems, fruits, flowers etc can be chewed & eaten. Leaves, stem, fruits, flowers etc. all together can be soaked in water, overnight & boiled in mourning for 15 minutes, than filter & drink the water in lukewarm condition.
2. Can be used with ginger, fruits, Fenugreek (methi) (a type of vegetable, with root or use its seeds), raisins (dried grapes of big size), Black Caraway seeds *(Kalonji) (black seeds)* etc but use in little quantity, for 21 days or more.
3. Always try to eat or use all parts of it, like leaves, soft stems, flowers etc together, because they all have different- different benefits & are compatible to each other.
4. Tablets or capsules of it are available

Content of it: -

vitamin K, C, A, E, B1, B2, B3, B6, folic acid, potassium, iron, calcium, phosphorus, magnesium, zinc, protein, carbohydrate, fibers, copper, carotene, lutein, cryptoxanthin etc.

Scientific benefits of Rehaan (Rayhan)

1. Reduces cough, lungs infection, diarrhea, stomach infection, cold & cough.
2. Also helpful in skin infections, internal infection.
3. It can be used in all diseases, along with other medications
4. Reliefs heart problems, sinus & throat infections.
5. Expels gases, increases urine out-put.
6. Good for sleeps, migraine, weakness, menstrual problems etc.

How much to use: -

1. Take 5 or more leaves, with stalk of stem, with 1 or 2 flowers, daily 2 to 3 times a day for 15 to 30 days *(Refer how to use column)*.

Important: -

Can be used for skin, wounds, ulcers etc (apply on skin lesions). Prepare a paste out of Rehaan (Rayhan)'s leaves, flowers etc & apply on the lesion.

Science & Hadees regarding Rehaan (Rayhan): -

In general Rehaan (Rayhan) mean two things: (1) sweet smelling plants, (2) Sweet smell. In Hadees of Abu Musaﷺ it is said that "*the hypocrite (munafiq & faajir) who recites the Qur'an is like Rehaan (Rayhan) basil whose fragrance is sweet, but whose taste is bitter*" may refer to sweet smelling plants, thought Allahﷻ only knows better, the interpretation of this Hadees is very wide & not easy to do, I understand from this Hadees is that, All the sweet smelling plants may not be good to use, so they are compared with non-believers (munafiq & faajir).

According to modern science sweet basil has many health benefits but also a side effect, the above-ground parts of basil & basil oil are POSSIBLY UNSAFE when taken by mouth as a medicine, long-term. These contain estragole, a chemical that might increase the risk of getting liver cancer.

But in one Hadees it is said, "Hasan & Husein رضی اللہ عنہما both are my Rehaan (Rayhan) (الریحان) on earth (الدنیا) again interpretation here is difficult, what I understand here is perfumes, though Allahﷻ knows better,

Research indicates that there several health benefits associated with basil: -

A study by researchers at Purdue University revealed that basil "*contains a wide range of essential oils rich in phenolic compounds & a wide array of other natural products including polyphenols such as flavonoids & anthocyanins*."

The herb contains high quantities of (E)-beta-caryophyllene (BCP), which may be useful in treating arthritis& inflammatory bowel diseases, according to research conducted at the Swiss Federal Institute of Technology.

Reduce inflammation & swelling - a study presented at the Royal Pharmaceutical Society's annual event, revealed that "*extracts of O. tenuiflorm (Holy basil) were shown to reduce swelling by up to 73%, 24 hours after treatment*".

Anti-aging properties - according to research presented at the British Pharmaceutical Conference (BPC) in Manchester, basil has properties that can help prevent the harmful effects of aging. Holy basil extract was effective at killing off harmful molecules & preventing damage caused by some free radicals in the liver, brain & heart.

Rich in antioxidants - results of a study published in the *Journal of Advanced Pharmacy Education & Research* showed that ethanol extract *Ocimum basillicum* had more antioxidant activity than standard antioxidants.

Conclusion of Hadees: -

In Jannah there will be Rehaan (Rayhan) plants, do not refuse if you are gifted Rehaan (Rayhan) (perfume or flower or sweet smelling plant) & good souls are referred as Rehaan (Rayhan) by Angels.

…….This lesson has 6 Hadees…….

Lesson no. 47 Costus (Qust) (القسط): -

Al Qust Al Bahri (البحربالقسط)	*Al Qust Al Hindi (الهنديالقسط)*	*Agarwood*

Names

1. In Hadees it is called as Al Qust Al Bahri (البحربالقسط) & Al Qust Al Hindi (الهنديالقسط) (both are different varieties of Qust) Qust Al Bahri is of light coloured & Al Hindi is from India & it is dark coloured.
2. In Arabic it is called as Qust.
3. In English it is called as Costus.
4. In Hindi & Sanskrit it is called as Kusth.
5. In Latin it is called as Saussaurea lappa.

Introduction: -

King Vikram of India had sent many gifts to Nabiﷺ & among all the items Qust-hind (هندیقسط) was also present & Nabiﷺ said this is Qust Al Hindi & also said the benefits of it.

Nabiﷺ's guidance about Qust: -

Wet cupping & Costus are the best for treatment: -

1. Hazrat Anas Bin Malikؓ says that Nabiﷺ said wet cupping (الحجامة) & white costus (البحربالقسط) (Qust Al Bahri) are the best of your treatments. *[Musnad Ahmed: 12906]*

Treat pleurisy (Zaatul-janb) with Costus (Qust Al-Bahri), Olive oil (zait) & Memecylon (warss): -

2. Hazrat Zaid Bin Arqamؓ says that Rasoolullahﷺ advised, as a treatment for pleurisy (الجنبذات) (zaatul-janb), Memecylon (ورس) (Warss), Costus (قسط) (Qust), & Olive oil (زيت) (Zait) & take at one side of mouth (يُلَدُّ). *[Ibn Ma-jah: 3467; Book. 31; English vol. 4; Book. 31, Hadees. 3467].* ***This Hadith is graded as Da-if (zaif) by Darussalam.***

Means the preparation should be taken at the side of the mouth to which side the problem in the body is, means if the problem is the right side of the body than take the preparation in the right side of the mouth.

3. Maimun Abu Abdullah said: "I heard Zaid Bin Arqam ؓsays that Rasoolullahﷺ ordered us to use white costus (القسطالبحری) & olive oil (زيت) for pleurisy (ذاتالجنب). ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Tirmizi: 2079; Book. 28; English vol: 4; Book. 2; Hadees. 2079]

Costus, a treatment for throat infections (Azrah) (a type of throat infection): -

4. Hazrat Anasؓ says that Rasoolullahﷺ said: "To your children during their throat infection (العذرة) (Azrah), do not press their throat & do not give them pain (Azaab) you have costus (القسط) (Qust) (use it). *[Bukhari: 5696; Book. 76; English vol. 7; Book. 71; Hadees. 599]*

5. Hazrat Jabir Bin Abdullahؓ says that Rasoolullahﷺ said "Oh! Ladies, it is a matter of sorrow for you, that you kill your children "If any children have throat infection (العذرة) (Azrah) (a type of throat infection) or headache (براسهأو وجع), than take dark costus (means dark coloured) (هندیقسط) put it in (some) water & (the paste) should be licked. *[Mustadrak Al Hakim: 7456]*

6. Hazrat Jabir Bin Abdullahؓ says that Rasoolullahﷺ said: "Do not burn the throat of your children, you have dark costus (هندیقسط) & Memecylon (ورس) (warss) make your children lick them.

[Mustadrak Al Hakim: 8239.]

For Memecylon (Warss) refer lesson no. 55 in part-2.

7. Narrated by Hazrat Jabir Bin Abdullahؓ once Nabiﷺ come to his home, & saw a child who was brought, which was having bleeding from mouth & nose. Nabiﷺ asked about it? Hazrat A'isha رضیاللهعنها replied that the child is suffering from throat infection (العذرة) (Azrah), Nabiﷺ said, Alas! ladies, you use to kill your children like this, In future if any child gets infection in throat (العذرة) or headache (رأسهأووجع فی) rub dark costus (هندیقسط) & make the child lick. Hazrat A'isha رضیاللهعنها did as said, & the child became healthy.

[Musnad Abi-Yaa'la: 1912]

Costus used after menses: -

8. It was narrated from Hafsah from Umm Atiyyah رضی اللہ عنہا from Nabiﷺ, that Heﷺ granted a concession to the woman whose husband has died, allowing her to use costus (الْقُسْط) & Azfar (الأَظْفَار) when purifying her following her menses.

[An-Nasa'i: 3542; Book. 27; English vol. 4; Book. 27, Hadees. 3572]

*Aloes wood to be used for throat infection: -*please note Aloes wood is different from costus

9. Narrated by Umme Qais Bint Minsaan رضی اللہ عنہا that she took her son to Nabiﷺ who was suffering from throat infection & she had press his throat part, Nabiﷺ saw the child & said "Why do you press your children & you should use Aloes wood (الْعُودالْهِنْدِي) (Al-Ud Al-hindi), there are 7 cures in it, it should be inhaled for throat infection (Azrah) & taken by mouth for pleurisy (Zaatul-Janb).

[Ibn Ma-jah: 3462; Book. 31; English vol. 4; Book. 31, Hadees. 3462]

Aloes wood is aromatic, resinous heartwood that is found in trees from the aquilaria genus, an evergreen tree, it is thought that aloes wood is created by a reaction from an injury to the tree, starting an infection & thus triggering the oleoresin to grow within the heartwood of the tree. In Urdu it is called as Agar & in Sanskrit it is called as Aguru, In Arabic it is called as Oud (عود), In English it is called as Agarwood & Aloes wood.

Content of it & its oil: -

Campher, Phellanderene, Jerpene, Alcohol, A-cosrtene., B-costene, Aplotaxene, A-costene, Aplotarene, Costol, Dy-hydrocostus, lactone, Costus Lactone, ustic acid.

Scientific benefits: -

1. It is beneficial in all types of phlegmatic diseases, diarrhea & cholera can be used for genital wash (after menstrual cycle).
2. It is helpful in alopecia, Tinea versicolor, ringworms.
3. It increases complex.
4. It is a blood purifier, anti-septic, anti-spasmodic.
5. Best in bronchial asthma, paralysis, facial palsy, chloasma, cough & cold, throat infections.

Science & Hadees regarding Qust: -

Costus (Qust) & Zait (olive oil) use together: -

Costus (Qust) is an anti-bacterial herb with a very good effect & olive oil increases its medicinal actions & both enhance action of each other.

A research on Qust (costus) for pleurisy (zatul Janb) & other lungs disease: -

Anti-bacterial effect of Indian costus (Qust ul Hind) & sea-Qust & their water extracts on some pathogenic bacteria of the human respiratory system. AL-Kattan, Manal Othman Faculty of Science (Girls), Department of Microbiology, King Abdul Aziz University, Jeddah, Saudi Arabia (Accepted on 4 May, 2012).

The pathogenic bacteria of the human respiratory system are characterized by resistance to most antibiotics. Staphylococcus aureus & Klebsiella pneumonia are some of the pathogenic bacteria of the human respiratory system which often cause pneumonia, pleurisy & meningitis. Moreover, they are the most prominent strains of bacteria in most hospitals.

Bacterial resistance to antibiotics occurs as a result of excessive usage of antibiotics in the treatment of diseases. For that reason, it is necessary to seek for medical alternatives that are safer for the treatment of these bacteria. Alternative medicine, especially, has revealed many plants & herbs that are used in the treatment for some diseases including respiratory diseases.

The purpose of this study is to determine the effect of the Indian Costus & sea-Qust on the pathogenic bacteria; Escherichia coli, Pseudomonas aeruginosa, S. aureus & K. pneumonia. In addition, the effect of the water extracts of the Indian costus & sea-Qust on S. aureus & K. pneumonia was also determined.

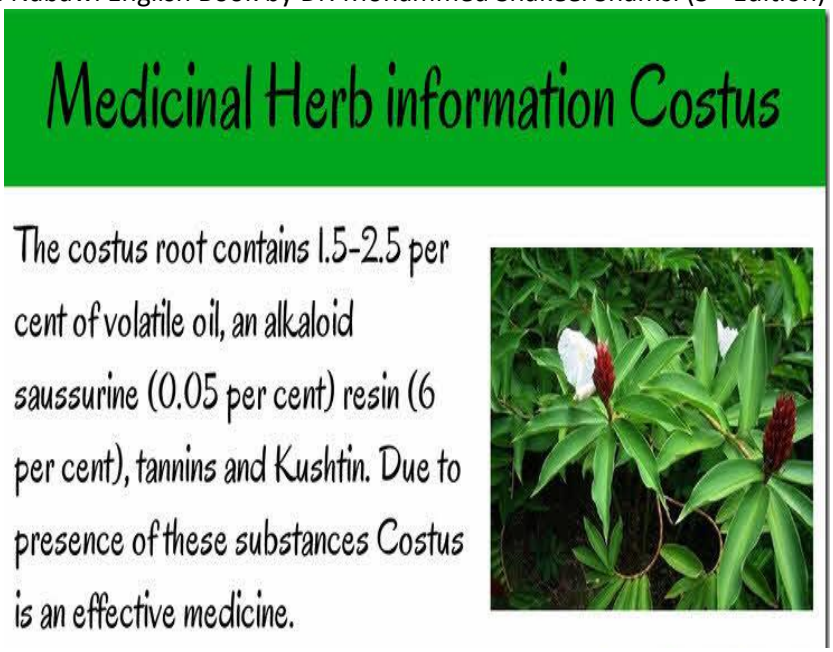
Result of the research: -

The results showed antibacterial effect of two types of dried Costus roots on all tested bacteria, especially in high concentrations. Also, the cold or hot water extract of Indian Costus was highly effective against tested bacteria at 20 to 25% concentration, while the hot extract of sea-Qust was more effective against tested bacteria than its cold extract in all the concentrations used

Conclusion of Hadees: -

Qust is the best medicine for pleurisy, throat infection mainly in children, take is at one side of mouth, for children prepare paste out of it & make them lick to the paste, can be used with olive oil, Memecylon (Warss) or etc can be used to get cleaned during & after menstrual cycle.

……This lesson has 9 Hadees……


Medicinal Herb information Costus
The costus root contains 1.5-2.5 per cent of volatile oil, an alkaloid saussurine (0.05 per cent) resin (6 per cent), tannins and Kushtin. Due to presence of these substances Costus is an effective medicine.

Lesson no. 48 Sanna (Senna) (السنا): -

Names

1. *In Hadees it is called as Sanna (Senna) (السنا).*
2. *In Latin it is called as Cassia agustifolia.*
3. *In Hindi it is called as Sanaya, Hindi Sana.*
4. *In Sanskrit it is called as svarnapatri.*
5. *In English it is called as Senna.*

Rasoolullah ﷺ's guidance about Sanna: -

Merits of Sanna: -

1. Hazrat Asma Bint Umaiz رضی اللہ عنہا says that Rasoolullah ﷺ asked her: "What do you use as a laxative (تستمشین), she replied "Shabram" (الشبرم) (spruge). Rasoolullah ﷺ said it is hot & powerful. (حار), She said then I used Sanna (senna) (السنا) as a laxative (تستمشین). & she said that Rasoolullah ﷺ said "If there would be cure (شفاء) for death (الموت) it would be Sanna (Senna) (السنا). ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Tirmizi: 2081; Book. 28; English vol. 4; Book. 2, Hadees. 2081]

Shabram (spruge) is explained at the end of this column. Laxatives are food products or medicines by which stools get loose & easy defecation is facilitated & prevent or treat constipation.

Sanna & Sanoot, cure for every diseases: -

2. Ibrahim Bin Ablah heard Abu Bin Umm Haram رضی اللہ عنہا says that Rasoolullah ﷺ said that "For you Sanna (senna) (السنا) & Sannoot (السنوت) (Dill or else) is present, these have cure (شفاء) for all diseases except Saam (السام) (death), to this, he asked, to Rasoolullah ﷺ what is Saam (السام)? Rasoolullah ﷺ replied Maut (الموت) (death) Amr said: "Ibn Abu Ablah said: the 'Sannoot is dill." Others said: "Rather, it is honey that is kept in a skin (i.e., receptacle) used for ghee."

[Ibn Ma-jah: 3457; Book. 31; English vol. 4; Book. 31, Hadees. 3457]

3. Hazrat Abu Ayyub Ansari رضی اللہ عنہ says that Rasoolullah ﷺ said Sanna (senna) (السنا) & Sannoot (السنوت) (dill or else) are medicines (دواء) for all diseases. *[Kanz al-Ummal: 28270 & Baihaqi: 20065]*

4. Hazrat Anas Bin Malik رضی اللہ عنہ says that Rasoolullah ﷺ said "There is cure (شفاء) in 3 things except Saam (السام) (death), Sanna (Senna) (السنا), Sannoot (السنوت) (dill or else) the third one is not mentioned due to forgetfulness.

[Kanz al-Ummal: 28269]

4 (Four) best treatments: -

5. Hazrat Ibn Abbas رضی اللہ عنہما says that Rasoolullah ﷺ said: "Amongst the treatment you do, the best is to put medicine in nose (السعوط), to put medicine in one side of mouth (اللدود), wet cupping (الحجامة) & Walking (laxatives) (المشی). ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Tirmizi: 2047; Book. 28; English vol. 4; Book. 2, Hadees. 2047]

Walking here is considered as movement of intestines by Imam Qayyim & senna increases the movement of intestines. (Movement of intestines is called as Peristalsis movement is medical terms).

Content of it: -

Flavenol, Anstraquinone, isohamnetin, kaempfeol, rhein, emodin, glucoside (sennoside A & B), menitol, sodium, potassium, tartarte, salisilic acid, crisophenic acid, volatile oil, resins, calcium, oxalate & flowers have ctisofenic acid.

Scientific benefits of it: -

1. It removes constipation.
2. Increases movement of intestines (peristalsis).
3. It is useful in piles due to laxative action.
4. Its paste can be applied on wounds & ulcers.
5. It also an anti-helmentic (anti-worms).
6. It reduces obesity.
7. It increases appetite.
8. Useful in hypertension & increased in intra cranial pressure (brain pressure).
9. Helpful in dysentery, hepatomegaly, spleenomegaly, malaria, jaundice, gouts, rheumatism, anaemia.
10. But use in mild dose.
11. Can be used in all season.

Contra-indications: -

Do not use in pregnancy, menstrual cycle, small children, colon cancer etc.

Shabram *(spurge)* is an herb, Its Latin name is Euphoria thymifolia, Its English name is Spurge. In Arabic it is called as Shabram. In Hindi it is called as Chhoti Duddhi (Because it contains milky latex in it, so used as a Laxative).

Sannoot: -

There are various opinions on what is Sannoot & there is difference in understanding. It may be anyone amongst the following or combination of any following: -

1. Dill (sowa).	*2. Honey.*
3. Ghee.	*4. Dates.*
5. Saunf.	*6. Kirmani jeera.*
7. Dates & honey both mixed in ghee.	*8. Senna mixed in honey than mixed in ghee.*
9. Sabt (sowa seeds).	*10. Rai.*
11. A black substance found on upper layer of stored ghee.	

Amongst the above 11 points, Dill is believed to be Sanoot. Dill is sowa. In Hindi it called as soa or sowa or savaa & Anethum gravelens in Latin. In Marathi it is called as Shepu. In Sanskrit it is called as Shatapusha.

Science & Hadees regarding Sanna: -

Sana Makki (senna leaves) is a true miracle of Allah's creations & it is one of the valuable herbs of Tibb-e-Nabawi, In Hadees of Ibrahim Ibn Abi Laila narrates that Rasoolullah says necessarily use Sana & Sanoot; because there is a cure in both of them from every disease except the "*saam*" someone asked Rasoolullah what is saam? He replied, Death. *(Reference Ibn Ma-jah Hadees: 3457)* see Hadees no. 2 above.

When you take Senna alone, it may create pain in the stomach due to contraction of stomach & intestinal contraction. Prophet directed to take Senna with "*SANOOT*". About Sanoot there is several opinions (1) honey. (2) Zeera (3) sonf/badiyan. So the best is to take with honey which is mixed with butter. This results in to separation of old toxins & layers of putrefied un-digested food.

It leaves are very effective laxative & purgative & are particularly useful remedy for the occasional bout of constipation & is useful for evacuation relief in cases of fissures, hemorrhoids, after recto anal operations & in preparation of diagnostic intervention in the gastrointestinal tract. It irritates the lining of the large intestine, causing the muscles to contract strongly resulting in bowel movement in about 10 to 12 hours after ingestion & also stops fluid being absorbed from the large bowel helping to keep the stool soft. It is sure & safe even for children (over 12 years of age) & weak & elderly persons. To prevent griping pains in the intestines, it is best when combined with a smaller amount of a warming stimulant & antispasmodic such as ginger or some other suitable herb. Senna leaves are approved by the World Health Organization (WHO) for short-term use in occasional constipation. Senna is also approved in the United States & in European countries as an ingredient in over-the-counter & prescription laxative preparations. The herb is approved by the German government for any condition in which alleviating constipation or softening stools is desirable.

Clinical studies suggest that Senna is effective in managing constipation associated with a number of causes including surgery, childbirth & use of narcotic pain relievers. A study in the medical journal Diseases of the Colon & Rectum showed that Senna was able to prevent or treat postoperative constipation after proctologic surgeries. The South African Medical Journal shows that treatment with senna was successful in 93%-96% of women suffering from postpartum constipation. By comparison, only 51%-59% of women in the placebo group experienced relief. It is considered to be one of the more effective agents for relieving constipation caused by such narcotic pain relievers as morphine. In another study published in the Journal of Pain & Symptom Management, researchers recommended the use of senna in terminal cancer patients with opiate-induced constipation, citing the effectiveness of the herb & it's relatively low cost. A study published in the medical journal Pharmacology suggests that a combination of senna & bulk laxatives can alleviate chronic constipation in geriatric patients. It is also useful in intestinal worms, rheumatism, sciatica, gout, hip pain & lumbago.

Conclusion of Hadees: -

1. Senna is a gentle laxative; there is healing in it for all disease except death. Best if used with Sanoot.*.....This lesson has 5 Hadees.....*

BENEFITS AND USES OF AVARAM SENNA
Senna can be used as an ornamental garden plant.
It tolerates drought and dry conditions but cannot tolerate cold.
The flowers in racemes are highly attractive.
The root is used in decoctions against fevers, diabetes, urinary problem and constipation.
The powdered seed is used for the treatment of conjunctivitis.
Africans use this plant for the treatment of rheumatism, eye diseases gonorrhea, diabetes and gout.
www.veggiesinfo.com

Lesson no. 49 Sweet flag (Zarirah) (زريرة): -

Names

1. *In Hadees it is called as Zarirah (ذريرة).*
2. *In Arabic it is called as Tharirah.*
3. *In Sanskrit it is called as Vacha.*
4. *In Urdu & Hindi it is called as Bach, Gora Bach.*
5. *In English it is called as Sweet flag, Bitter pepper root, Calamus.*
6. *In Latin it is called as Calamus aromaticus/ Acorus calamus.*

Introduction of Zarirah (Sweet flag): -

It is long lived plant of Acorceae family, red coloured, pleasant smell. It has rhizomes & branches of reeds shape, when the stem is broken, white coloured seeds are obtained, which are called as Zarirah.

Rasoolullah's guidance about Zarirah (ذريرة): -

Zarirah applied on beards & Ihraam: -

1. Hazrat A'isha رضى الله عنها narrates that she applied sweet flag (ذريرة) (Zarirah) on Nabi's beards & Ihraam, with her own hands, during the Haj-jatul-wida (fare well Haj) when Nabi wear Ihraam.

[Bukhari: 5930; Book. 77; English vol. 7; Hadees. 814]

Zarirah to be applied on Blisters: -

2. Nabi advised his wife to apply sweet flag (ذريرة) (Zarirah) because she had a blister on her finger & Nabi said, also do Dua to Allah saying: "Who makes big things smaller & makes small things bigger", "Make small that what I have" *(means the blister)*.

[Mustadrak Al Hakim: 7463]

3. One of the wife of Nabi says that, Nabi asked "Do you have any sweet flag (ذريرة) (Zarirah), she replied Yes & (the respected) Nabi applied it on a blister between his toes & did Dua "Oh! Allah, who extinguishes that is big & makes big that which is smaller", "Extinguish it for me" & the blister got extinguished.

[Majma Al-Zawa'id: 8350]

Other references: -

1. Ibn Al-Qayyim (ra) says that sweet flag (ذريرة) (Zarirah) is an Indian medicine, which is made from the reeds of sweet flag (ذريرة) (Zarirah). It is beneficial for swelling in stomach, liver, hydrocephalus, it strengthens the heart & it has pleasant fragrance.
2. Ibn Sina (ra) says that there is nothing better for burns than sweet flag (ذريرة) (Zarirah) mixed with rose water & vinegar. The reeds of it are gentle, slightly astringent & pungent & remove swelling.

Contents: -

Essential oils, eginol, asarane, acetic acid, cetilic, vitamin B, colline, gallnuts etc.

Part uses are: -

Roots, seeds, branches.

Scientific benefits: -

1. It strengthens the stomach & digestion.
2. Regulates menstrual cycle.
3. Expels gases.
4. Helpful in malaria.
5. Reliefs pain.
6. Reduces kidney inflammation & heals urinary tract infection.
7. Reduces swelling of stomach, liver etc.
8. It is anti-spasmodic, anti-carminative, analgesic, nerve tonic & anti-septic.
9. Helpful in rheumatism, eczema, fever, epilepsy, stomach ache, lice problem, jaundice, anti helmentic (anti-worms).
10. It is aromatic, diaphoretic, emetic, sedative, stimulant, tonic vulnerary etc.

Science & Hadees regarding Zarirah: -

According to researches on sweet flag (ذريرة) (Zarirah) it can be used externally, the tea is used for sores, burns, scrofula, wounds & ulcers. & also can be used as antispasmodic, aromatic, carminative, decongestant, diaphoretic, emetic, emmenagogue, expectorant, febrifuge, nervine, sedative, stimulant, stomach ache, tonic vulnerary. It is particularly known for the beneficial effects on the stomach, especially heartburn with sour eructations. A few small pieces of it can be chewed & the juice swallowed, gives prompt relief. The roots may be chewed several times a day for chronic conditions, until the stomach gets healthy. It also stimulates the

appetite & helps to relieve acute & chronic colicky pain, gastritis, fevers, colds, sinus headaches, sinusitis, coughs, hyperacidity, deafness, arthritis, hysteria, neuralgia, epilepsy, shock.
Chewing the root is said to stop pyrosis, the discharge of an acid (burning & bitter) liquid from the stomach into the throat. For smokers, however, chewing the dried root tends to cause mild nausea, a property that makes sweet flag useful for breaking the smoking habit. A decoction of the rootstock makes a good bath additive for insomnia, malaria, cholera, typhus, flu, bronchitis, ague, diarrhea, dysentery, asthma, a general tonic & tense nerves; it has also been used in baths for children with scrofula or rickets.

Conclusion of Hadees: -

Use sweet flag (ذريرة) (Zarirah) for blisters & also do Dua, can be used as a perfume. *.....This lesson has 3 Hadees.....*

Lesson no. 50 Henna (الحناء) (Mehndi): -

Names

1. *In Hadees it is called as Heena (الحناء).*
2. *In Urdu it is called as Heena.*
3. *Latin name is Lawsonia inermis.*
4. *English name is Henna.*
5. *Hindi name is Mehndi.*

Prophetﷺ's guidance about Heena (الحناء)Mehndi: -

Be different from Jews & Christians: -

1. Hazrat Abu Hurairahؓ says that Nabiﷺ said that the Jews (اليهود) & Christians (النصارى) do not dye their hairs, so be different from them.

[Bukhari: 5899; Book. 77; English vol. 7; Book. 72; Hadees. 786]

(Apply henna on hair & beards but do not use black colour & remember we are allowed to use natural herb to colour our hair & beard which get grey). The word (يصبغون) is used for dying the hair in Hadees.

Use a dye: -

2. Hazrat Abu Hurairahؓ was asked "Did Rasoolullahﷺ use a dye? He replied, "Yes".

[Shamaa'il; Book. 6; Hadees. 46; English Book. 6; Hadees. 45]

Dye hairs & avoid black dye: -

3. Hazrat Jabirؓ said that Nabiﷺ asked Abu Quhafah to dye his hairs & avoid black. (Abu Quhafah's hairs were white like flower & fruit of Thughamah plant).

[An-Nasa'i: 5242; Book. 48; English vol. 6; Book. 48, Hadees. 5244]

Heena & Katam for dye: -

4. Ibn Sirin reported that Hazrat Anas Bin Malikﷺ says that Hazrat Abu Bakrﷺ dyed his hair with Heena (الحناء) & Katam (الكتم) & Hazrat Umarﷺ dyed his hair with pure Heena (الحناء).

[Muslim 2341 A; Book. 43; English Book. 30; Hadees. 5779]
(Katam (الكتم) is a plant from Yemen, which gives a reddish black

5. Hazrat Abu Zarr Gaffariﷺ says that Nabiﷺ said, to turn oldness into youngness; Heena (الحناء) & Katam (الكتم) are there.

[Ibn Ma-jah: 3622; Book. 32; English vol. 4; Book. 32, Hadees. 3622]

Hijamah & Heena for leg pain: -

6. Hazrat Salma Umme Rafe' رضی اللہ عنہا said that Rasoolullahﷺ advised cupping for headache (migraine) & Heena (الحناء) for leg pain.

[Abu Dawud: 3858; Book. 29; English Book. 28; Hadees. 3849]

Heena applied by Rasoolullahﷺ: -

7. Narrated Ali Bin Ubaidullah from his grandmother Hazrat Salma Umme Rafe رضی اللہ عنہا said that Rasoolullahﷺ never had any wound or prick with thorn, on which Rasoolullahﷺ did not applied Heena. ***This Hadith is graded as Da-if (zaif) by Darussalam.*** *[Tirmizi: 2054; Book. 28, English vol. 4; Book. 2, Hadees. 2054]* (Means Nabiﷺ use to apply Heena (الحناء) on every kind of wounds).

Hairs of Nabiﷺ: -

8. Hazrat Usman Bin Abdullah Bin Mauhibﷺ says that he was sent to Hazrat Umme Salma رضی اللہ عنہا & she showed him the (respected) hair of Nabiﷺ the hair was dyed with Heena (الحناء).

[Bukhari: 5897; Book. 77; English vol. 7; Book. 72; Hadees. 785]

Merits of Heena: -

9. Hazrat Wasilahﷺ says that Nabiﷺ said: "You have Heena (الحناء), it makes your hair bright (نور), purifies you (يطهر القلوب), increase libido (الجماع), evidence in grave" (kabar) (شاهد في القبر). *[Kanzul-Ummal: 28282]*

10. Once Nabiﷺ laid His (respected) Hand on His Hairs & said: "For you, there is Heena (الحناء), the best of all dyes (الخضاب) for hairs, it brighten the face, increases the libido (الجماع). *[Kanz al-Ummal: 17316]*

Heena for women: -

11. Hazrat A'isha رضی اللہ عنہا says that Rasoolullahﷺ guided women to at least apply Heena (الحناء) on their nails.

(This is a very long Hadees).
[Nasa'i: 5089; Book. 48; English vol. 6; Book. 48, Hadees. 5092]

Do not dye the hair with black dye: -

12. Narrated by Ibn Abbas رضی اللہ عنہما, who attributed Nabiﷺ saying: "Some people will dye their hair black like the breasts of pigeons at the end of time, but they will not even smell the fragrance of Paradise."*[Nasa'i: 5075; Book. 48; English vol. 6; Book. 48, Hadees. 5078]*

Heena for leg pain: -

13. Narrated Salmah: the maid-servant of the Messenger of Allah ﷺ, said: No one complained to the Messenger of Allah ﷺ of a headache but he told him to get himself cupped, or of a pain in his legs but he told him to dye them with henna. (*Ibn Ma-jah: 3849; book no. 29; English book no. 28; Hadees 3849)*

Scientific benefit of Henna: -

1. Henna is safe & harmless to use on hair, beards, skin infections & lesions.
2. It strengthens the skin of scalp & hairs.
3. Good on burns (Water boiled with henna can be applied on burns).
4. It has a pleasant smell.
5. It has soothing effect on painful site.
6. Good for nails, broken nails fungal infection on nails.
7. Good for gouts & fungal infection between toes.
8. Increases urine output.
9. Helpful in kidney stones.
10. It is an abortificant (Used for abortion or can cause abortion).
11. Promotes wound healing.
12. One can add fenugreek (methi) seeds with it also.
13. Reduces sweating.
14. Always use with lemon, nilgiri oil (eucalyptus oil) & boiled water of skin of pomegranate (Anaar) (to apply on hairs or palm & feet)
15. Good for stomach infections.

16. Removes dandruff.
17. Ladies can apply on nails & hairs.
18. Do not apply when suffering from cough & cold.

Part us: -

Leaves, stem, soft stem, pods & flowers.

Mode of use: -

It can be taken orally with water on empty stomach. Also it can be applied on hairs, beards, nails, wounds, ulcers, lesions etc (its dry powder or paste can be applied). Henna water can be applied on burns. Always use in mild quantity. Soak some coffee, tea powder, kattah (used in paan) & water of pomegranate, nilgiri (soak some skin of pomegranate in little water overnight & use this water) over night, than boil them in mourning on low flame for 10 minutes, than mix henna powder in the same water & keep it covered for 3 hours than add little eucalyptus oil (nilgiri oil), lemon juice & 1 or 2 egg in it & again keep it covered for more 2 hours & then apply on hair & breads. Keep for 3 to 4 hours applied on hair, beards etc.

Content of Heena: -

Gluco-pyronoside, tetra hydroxycetoxy, terpeniols, sterol, xanthones, coumarin, flavonoid, essential oils, glucose, gallic acid, amino acids, copper, potassium, sodium, iron, lawsone, hepato protective activity, ethanol, methanol, petroleum etc.

Contraindications: -

Do not use in G6PD deficiency patients.

Science & Hadees regarding Mehndi (Heena): -

In Hadees it is said to apply Heena on hairs & lesions & for leg pain: -

It has been clinically proven that applying Heena on lesion like fungal infections, burns, ulcers, cancerous lesions, apthous ulcers, blisters, pricks, nail infections, all types of leg wounds & ulcers. It is very beneficial & complete healing has been found on regular uses of it. It has soothing effect on pain region & thus reduces inflammation.

Heena for cancers: -

Lawsonia inermis popularly known as Mehndi or Henna is a cosmetically renowned plant of the oriental region possesses diverse pharmacological activity including anti-carcinogenic, antimicrobial, anti-inflammatory, analgesic, antipyretic, hepato-protective, and anti-tuberculostatic. In search of new anticancer drugs from natural sources many researchers have reported anticancer & chemo preventive properties of Henna extracts/compounds in their pre-clinical studies. Lawsone, one of the major constituent of henna, is used as a starting material in the synthesis of a variety of clinically valuable anticancer drugs such as atovaquone, lapachol & dichloroallyl lawsone. It also contains other chemicals such as isoplumbagin, apigenin, apigenin glycosides, luteolin, luteolin-7 glucoside, p-coumarin & lupeol among which many are reported for their cytotoxicity & chemo preventive activity against different type of cancer cell. Future investigation on novel molecules from Mehndi/Henna may offer great hope for discovering new cancer chemotherapeutic and/or chemo preventive agents from this miraculous plant.

Heena for hairs: -

Many researches reveal that Henna is a good source for people who wanted to get rid of their gray hair & for people who are allergic to chemical creams. Henna can make your hair strong & nourish it from roots for a silky & shiny hair. It repairs the damaged hair strands & restores the acid-alkaline balance of the scalp. It is an amazing conditioner for hair that protects the hair strands by building a protective layer & locking the nutrients & moisture. It is the best & safest way to color your hair that has no ammonia, chemicals & toxins. Henna can be used to treat dandruff & scalp infections effectively.

Some tips to prepare Henna packs of your own: -

Henna, Amla, Shikakai & Brungraj Pack

Benefits of henna for hair are well known, but all the rest of the ingredients used in this pack are also extremely beneficial for hair growth & healthy hair & are widely used in Ayurveda for treating hair & scalp problems.

Ingredients: -

Henna powder-2 cups, Amla powder-1/2 cup, Shikakai powder-2spoons, Egg white-1, Lemon juice-2spoons, Tulsi powder-1spoon & Brungraj powder-1spoons

Procedure: -

Mixed together all the above at night with tea or coffee decoction & apply this mixture next day morning completely to your hair & rinse after 45 minutes to 1 hour. Cover your hair with some plastic cap. So that it keeps your hair moist so that color will absorb quickly.

Henna, Coffee & Beetroot Pack

This is one of the best henna pack for hair & a side-effect free grey hair solution that contains the proteins & vitamins of eggs & lemons & provides a natural burgundy color to the hair that looks exactly like salon colouring.

Ingredients: -

Henna - 2 Cups, Tea Liquor for mixing, Lemon Juice or 1 Whole Lemon, Egg White - 1 (Optional), Coffee Powder - 2tbsp & Beet Root Juice - 1 cup.

Procedure: -

The most important thing to have gorgeous hair with henna is to select the right quality henna from a good brand. Now, pour the henna in an iron bowl & start pouring the tea liquor & mix continually, so there are no lumps. Next, add the coffee powder. It is preferable to use iron vessel because it allows the henna to oxidize & provide a rich & deep tint. Soak the mixture overnight. The following day before applying the henna, add the egg white, lemon juice & beetroot juice. Mix well & apply the henna on hair evenly. Keep the pack for 2 to 3 hours, Wash away the henna with plain water & then wash hair with a mild shampoo.

Henna Hair Growth Oil: -

Henna can be used to make your own essential oil, to get rid of hair fall, white hair & pollution. This oil also promotes hair growth naturally.

Ingredients: -

Henna powder-5 cups & Gingili oil – 1/4kg

Procedure: -

Boil gingili oil until it gets heated & add the henna powder to boil for more 5 to 6 minutes. Wait until the mixture cools down completely & store this mixture in a bottle for future treatment. Make sure to apply this oil every 2- 3 times in a week for 2 months.

Henna, Mustard Oil & Fenugreek Pack

This is one of the most effective healthy hair remedies that contain the goodness of fenugreek & mustard oil, both of which are well known for their benefits for promoting healthy hair growth. It is one of the most nourishing natural masks for dry hair. Fenugreek is a rich source of protein that supplies essential nutrients to the hair follicles, whereas mustard oil encourages blood circulation in the scalp.

Ingredients: -

Henna – 2 cups, Fenugreek seeds – 1/2 cup & Mustard oil – 2 tsp

Procedure: -

Soak the henna powder & fenugreek seeds separately in water overnight & in the morning grind the fenugreek seeds to form a past. Add the fenugreek paste & mustard oil to the henna powder mix thoroughly & apply the pack on scalp & hair. Keep the pack on for 2 hours; wash off with water & following up with a mild shampoo.

Hair Conditioner pack with Henna

Henna is a well-known natural hair conditioner that smoothes the rough hair cuticles close them & provide a healthy shine & luster to hair strands. It also keeps the hair straight & prevents tangling. Natural henna for hair helps in making frizzy hair manageable.

Procedure: -

Soak the henna powder water overnight in iron vessel to form a past mix thoroughly & apply the pack on scalp & hair in morning & Keep the pack on for 2 hours; wash off with water & following up with a mild shampoo.

Henna, Amla & Hibiscus Pack

To make hair smooth & silky: All the ingredients used in this pack are time tested remedies that have been used for ages to treat hair problems & providing healthy hair.

Ingredients: -

Henna powder – 2 cups, Amla powder – 1 cup, Hibiscus flower powder – 2 tbsp, Methi powder – 2 tbsp, Orange peel powder – 1 tbsp

Procedure: -

Mix all these ingredients with a sufficient amount of curd before 1-2 hours of applying it to hair. Wash & rinse the hair after 1 hour & make sure to cover your hair with plastic cap.

Henna, Green Tea & Lemon Pack

Green tea is famous for its numerous health benefits, but it is also an effective conditioner for hair that also prevents hair fall by preventing the growth of DHT that causes hair fall. It softens the hair strands & enhances hair elasticity to prevent breakage. Lemon is yet another useful hair conditioner that provides a soft & silky texture to the hair. The combination of henna, green tea & lemon makes it one of the best oily hair home remedies.

Ingredients: -

Henna – 2 cups, freshly brewed green tea – 2 cups, Lemon juice – 2 tbsp, Yogurt – 2 tbsp

Procedure: -

Soak henna powder in the brewed tea liquor overnight in an iron bowl. The next morning, add lemon juice & beaten yogurt to it mix well & apply the pack thoroughly on hair. Leave it on for 3 hours & then wash away the pack with water & wash your hair with a mild shampoo.

Dandruff Treatment with Henna: -

Dandruff & itchy of scalp are two common scalp problems that are faced by almost all of us. While dandruff is caused by excessive dryness of the scalp, itching can be a result of fungal infections. There are many best ways to fight Dandruff with Henna & here we have discussed the two best procedures.

Procedure: -

Soak the henna powder water overnight in iron vessel to form a past mix thoroughly & apply the pack on scalp & hair in morning & Keep the pack on for 2 hours; wash off with water & following up with a mild shampoo.

Henna, Fenugreek & Curd Pack

This natural hair pack is one of the powerful natural remedies for dandruff & itchiness of scalp. The acidic nature of lemon & curd fights the fungus growth in the scalp & also moisturizes the scalp to prevent dryness.

Ingredients: -

Fenugreek seeds (methi seeds) – 1 cup, Curd – 2 cups, Mehndi powder – 1 cup & Lemon – 1

Procedure: -

Soak fenugreek seeds in curd overnight & grind it in mixer & mix 1 cup of henna powder & add lemon juice & apply to your scalp properly. Rinse your hair after 45 minutes. Apply this pack weekly once. You can observe the reduction of dandruff slowly. Just wash your hair with cold plain water, don't shampoo your hair. Apply shampoo next day. Try to use mild, soft shampoos.

Henna, Olive Oil & Egg White Pack

The best healthy hair tips are incomplete without the inclusion of olive oil into it. Dandruff is usually caused by excessive dryness of scalp & olive oil helps in moisturizing & nourishing the scalp in a gentle way. This is one of the effective natural remedies for psoriasis of the scalp. Egg white is a great source of high-quality protein that is essential for healthy hair.

Ingredients: -

Henna Powder – 2 cups, Olive Oil – 2 tbsp, Egg White – 1 & Water for mixing

Procedure: -

Soak henna powder in water in an iron vessel overnight. The next morning add some olive oil & egg white to it; mix well & form a smooth paste. Apply the pack on scalp & hair evenly & leave it for 2 hours. Rinse with water & follow it up with a mild shampoo.

Hair Fall Pack with Henna

There are several major causes of hair fall in the day to day life. It can be caused by lack of nutrients in the daily diet, hormonal changes, pollution or overuse of hair styling products. But henna can help in preventing hair fall in an effective & natural way.

Procedure: -

Soak the henna powder water overnight in iron vessel to form a paste mix thoroughly & apply the pack on scalp & hair in morning & Keep the pack on for 2 hours; wash off with water & following up with a mild shampoo.

Henna, Amla Powder & Fenugreek Pack

Both amla & fenugreek (methi) are widely used in Ayurveda & natural remedies for treating hair fall problems. Fenugreek is loaded with proteins that nourish the hair follicles & prevent hair fall.

Ingredients: -

Amla powder 1 cup, Mehndi powder (henna) – 3 spoons, Fenugreek (Methi) powder – 2 spoons, Egg white – 1 & Lemon – 1

Procedure: -

Mix all these ingredients 1 hour before applying to your hair. Rinse your hair after 45 minutes. Apply this pack weekly once. Within 6 weeks, you can see a great change in your hair fall problem.

Henna, Coriander & Black Pepper Pack

Although henna for hair benefits are well known, but the uses of coriander & black pepper for preventing hair fall is rarely known. In reality, both coriander leaves & freshly ground black pepper powder are good cures for averting hair fall.

Ingredients: -

Henna – 2 cups, Coriander leaves – a handful & Black Pepper Corn – 1 tsp

Procedure: -

Soak henna in water overnight. Crush the coriander leaves to form a thick paste & grind the peppercorns. Add both the ingredients to the henna mix thoroughly & apply on the hair roots & hair strands evenly. Wait for 1 or 2 hours, wash the henna off with water & then use a mild shampoo.

General Tips: -

Here are a few general tips that will help you to use henna is a more effective way & derive the best results.

You can use henna even after hair is damaged with chemical creams, but you need to wait 45 to 60 days to apply henna because it won't stick or give a better result on colored hair.

Henna prevents you from brittle hair, split ends & hair fall.

Avoid henna usage if you have severe scalp infections & extra dry hair.

It is important to select henna from a good brand.

Good quality henna with has olive green color & sweet smell.

It is best to avoid henna that is light green or gray in color.

You can buy superior quality henna from a Rajasthani dealer or buy it from an authentic ayurvedic shop.

It is best to soak henna in an iron vessel that helps in oxidizing the henna.

If you want to apply oil to your hair, then you can apply it about 1 hour before applying henna.

If you think Henna doesn't suit your hair type, then it's better to maintain a natural diet for healthy hair.

These are the benefits of using henna for a healthy hair. Combine the henna treatment with a healthy & balanced diet & also opt for juicing for healthy hair.

Conclusion of Hadees: -

Dye your hairs with heena or katam or both, be different from Jews & Christians, heena & katam are best. Apply heena on wounds & lesions, also it increases libido, brightens the face.

……This lesson has 12 Hadees……

Lesson no. 51 Barley (Jaw) (الشعیر): -

Names

1. *In Hadees, Persian & Arabic it is called as Sh'aeer (الشعير).*
2. *In English it is called as Barley.*
3. *In Urdu & Hindi it is called as Jaw.*
4. *In Sanskrit it is called as Bawa.*
5. *In Latin it is called as Hordeum vulgare.*
6. *Sattu in Hadees & Arabic is called as Saweeq. (Sattu is roasted flour of barley the details are given further in this lesson).*

It is a member of grass family & cereal grain. It is a self-pollinated, diploid species with 14 chromosomes.

Prophetﷺ's guidance about jaw (barley) (الشعير): -

Nabiﷺ used jaw (الشعير) (barley) as: -

Chapatti (roti), Daliya (gravy), Sattu (Saweeq), Talbinah (التلبينه).

Eating Barley (Jaw) & (Tamar) dates together: -

1. Hazrat Yusuf Bin Abdullah Bin Salamؓ saw Nabiﷺ having a piece barley bread (خُبْزِ شَعِيرٍ) & kept Tamar (date) on it & said that the dates (تمر) are equivalent to its gravy (condiment).

[Abu Dawud: 3830; Book 28; English Book 27; Hadees. 3821]

Barley breads (خُبْزُ شَعِيرٍ): -

2. Narrated by Ibn Abbas رضی اللہ عنہما that Nabiﷺ used to spend many nights in a row hungry & His family could find no supper & usually their bread was barley bread."

[Ibn Ma-jah: 3347; Book. 29; English vol. 4; Book. 29, Hadees. 3347]

After Friday Salah, a special dish: -

3. Hazrat Sahl Bin Saadؓ says that, we used to be happy on Fridays, for there was an old lady who used to pull out the roots of beetroot (Silq) & put it in a cooking pot with some barley (شَعِير). When we use to finish the (Friday) prayer, we would visit her & she would present that dish before us. So we used to be happy on Fridays because of that & we never used to take our meals or have a mid-day nap except after the Friday prayer. By Allahﷻ, that meal contained no fat.

[Bukhari: 5403; Book. 70; English vol. 7; Book. 65; Hadees. 315]

Barley (Jaw) broth & its merits: -

4. Hazrat A'isha رضی اللہ عنہا says that, whenever anybody use to fell ill, in Rasoolullahﷺ's family, Rasoolullahﷺ use to advice to eat Barley broth (فضعالشعير) (Harisa or Daliya) & use to say it removes the sorry/ grief from the heart of the patient & removes weakness, as anyone washes the face with water & water clears the dirt present on face. *[Tirmizi: 2039; Book. 28; English vol. 4 Book. 2, Hadees. 2039]*

5. Hazrat A'isha رضی اللہ عنہا says that Nabiﷺ said: "You should eat the beneficial thing that is unpleasant to eat: Talbinah, (التَّلْبِينَة) meaning broth. If any family member of Nabiﷺ fall sick, the cooking pot would remain on the fire until one of two things happened, either the person recovered or died.

[Ibn Ma-jah: 3446; Book. 31; English vol. 4; Book. 31, Hadees. 3446]

By the above, the scholars say that we come to know that the dish should be freshly prepared every time & given to the patient, again& again in luke warm condition.

Talbinah & its merits: -

6. Narrated Hisham's father that Hazrat A'isha رضی اللہ عنہا use to advice Talbinah (التلبينه) for patient mostly & use to say if the patient dislikes it, then also give him because it is very beneficial (النافع).

[Bukhari: 5690; Book. 76; English vol. 7; Book. 71; Hadees. 594]

7. Hazrat A'isha رضی اللہ عنہا says that whenever in our family anyone passed away (die), people use to come to meet specially ladies, When all the people use to go away, expect close family members than Hazrat A'isha رضی اللہ عنہا use to ask to cook Talbinah (التلبينه), than ask to cook Sareed (ثريد) than she رضی اللہ عنہا use to ask to put Talbinah (التلبينه) in Sareed (ثريد) vessel & ask to eat & she use to say that she heard Nabiﷺ saying that Talbinah (التلبينه) brings comfort to the sick (المريض) & lessens grief. *[Muslim: 2216; Book. 39; English Book. 26; Hadees. 5491]*

A guest: -

8. Hazrat Abu Bardaؓ says that when I reached Madinah, I met Hazrat Abdullah Bin Salamؓ & he invited me as a guest & said to Hazrat Bardaؓ that I will give you meal in the vessel from which Nabiﷺ drank & also guide you to offer Salah (Namaz) in the masjid in which Nabiﷺ offered Salah (Namaz). I accompanied him & he made me drink Saweeq (jaw sattu) (roasted barley flour) & gave me dates, & then I prayed in Nabiﷺ's masjid.

[Bukhari 7342; Book 96; English vol. 9; Book. 92; Hadees. 441]

Beer disallowed: -

9. Narrated by Abi Burda that Abu Musa Al-Ashariؓ was send to Yemen by Nabiﷺ, & he asked about certain (alcoholic) drinks, which were prepared there, about Al-Bit & Al-Mizr & said, "Al-Bit is an alcoholic drink made from honey; & Al-Mizr is an alcoholic drink made from barley." To his Nabiﷺ answered that, "All intoxicants are prohibited."*[Bukhari: 4343; Book. 64; English vol. 5; Book. 59; Hadees. 631]*

A Feast: -

10. Hazrat Anasؓ says that once my mother Umme Sulem رضی اللہ عنہا ask me to give a basket of dates to Rasoolullahﷺ, Hazrat Anasؓ went to Rasoolullahﷺ's home, but he came to know that Rasoolullahﷺ has gone to a feast at his ex-slave to whom Nabiﷺ had freed in past. (Actually Nabiﷺ had freed this slave; the slave became a good tailor & earned good money for himself. Now he had invited Nabiﷺ for a feast along with some companions of Nabiﷺ). When Hazrat Anasؓ reach the slave's place, everybody was eating, Hazrat Anasؓ was asked to join the feast & he did. They were served with Sareed (ثريد) made from long pumpkin (kara'a), dried meat & barley chapatti (bread). Hazrat Anasؓ knew that pumpkin was favourite to Rasoolullahﷺ & he use to collect pieces of pumpkin in front of Rasoolullahﷺ. Than after the feast, Hazrat Anasؓ& Rasoolullahﷺ went to Rasoolullahﷺ's home & Hazrat Anasؓ gave the basket of dates. Rasoolullahﷺ was eating the dates & distributing the dates among people, till the dates finished.

[Bukhari: 5379 & 5420; Book. 70; English vol. 7; Book. 65; Hadees. 291 & 331]
And [Ibn Ma-jah: 3303; Book. 29; English vol. 4; Book. 29, Hadees. 3303]
(& also from other reference all are mixed & written, please note).

A Formulation for sick person liked by Nabiﷺ: -

11. Hazrat Saad Bin Abi Waqqasؓ fell ill in Makkah, Nabiﷺ visited him & asked to call a doctor, Al Haris Bin Kuladah was called, he came & examined & said he is not serious & advised to take dates (khajur), barley (jaw) & boiled fenugreek seed (methi) water & prepare soup like gravy (daliya) than put honey on it & give to Hazrat Saadؓ at early morning, luke warm. & Hazrat Saadؓ got well; Nabiﷺ liked the preparation advised by Al Haris Bin Kuladah.

[At-tibbe Nabawi Harful Haa volume no. 1; page no. 230]

Guidance to use dates, barley (jaw) etc, during & after illness: -

12. Hazrat Umme Munzir رضی اللہ عنہا says that, Rasoolullahﷺ & Hazrat Aliؓ both came home, she had Dawaal (دوال) (bunches of dates), she served Dawaal (دوال) to both, both started to eat the dates, but when Hazrat Aliؓ had eaten 7 dates (approximately) he was stopped by Rasoolullahﷺ from eating more, & He ﷺ said to Hazrat Aliؓ that you were ill last days & now you are weak, so do not eat more, Hearing to his Hazrat Umme Munzir رضی اللہ عنہا prepared Sareed(ثريد) (thin gravy) of meat, beet root & chapatti (خبز) from barley flour (Jaw) & served to both, on this Rasoolullahﷺ said to Hazrat Aliؓ eat this dish, this is beneficial for you.

[Tirmizi: 2036; Book. 28; English vol. 4, Book. 2, Hadees. 2036]

Hasis (Hais) a sweet dish: -

13.Narrated by Hazrat Anas Bin Malikؓ that Nabiؓ married Hazrat Safiya رضی اللہ عنہا & called people for a feast (as dawat e valima) & served people with Hais, (Hasis) on a piece of leather (dastarkhwaan).

[Bukhari: 5387; Book. 70; English vol. 7; Book. 65; Hadees. 299]

Hais (Hasis) is a sweet dish (halwa) prepared from Tamar (تمر) dates, milk, jaw (barley), ghee, paneer etc. Hais (Hasis) was liked by Nabi ﷺ very much. And dawat e valima is a feast given by groom (dulha) to his relatives & friends after Nikah. It is Sunnah.

Nabiﷺ liked Sareed most among all food dishes: -

14. Narrated by Abu Musaؓ that Nabi ﷺ said that the superiority of A'isha رضی اللہ عنہا over other women is like the superiority of Sareed over other dishes. *[Tirmizi: 1834; Book. 25; English vol. 3; Book. 23, Hadees. 1834]*

Talbinah for anorexia (lack of appetite): -

15. Hazrat A'isha رضی اللہ عنہا says that whenever anyone complaint about anorexia (less hunger) to Nabiﷺ. Nabiﷺ use to advice to eat Talbinah (التلبينه), & use to say that by "Allahﷻ, (kasam) who has my life in his right" &

further said that Talbinah (التلبينه) will clear your guts (stomach, intestines etc) from unwanted elements, like you wash your face with water & water cleans the dirt from the face.
[An-Nasa'i: 7576 according to المكتبةالشاملة (Al-Maktab Al-Shamilah).

Method of preparing Talbinah: -

1. Take 2 to 3 teaspoon of roasted barley flour (sattu).
2. Add it in 1 glass milk & mix vigorously in mixer or manually.
3. Than boil the mixture properly on a low flame for 10 to 15 minutes till the mixture gets thick & fumes of barley & milk comes.
4. Than let it cool a little & add 3 to 5 teaspoon of honey in it.
5. Then use it in Luke warm condition, again & again.
6. Give Talbinah to ill patient, old, pregnant etc.
7. Always prepare fresh & serve.

How to prepare barley sattu: -

1. Take some barley (jaw) grain with husk.
2. Take a pan & put some pure ghee in it & heat the ghee little.
3. Then put the barley grains in the pan & roast them a little.
4. Then keep them for self-cooling.
5. Then grind them into flour.
6. Also you can roast the flour.
7. & store (This is barley sattu).

How to make Sareed: -

Take some meat of goat or lamb; cut the meat into small pieces than boil it, as we do while preparing soups. Smash the boiled meat into small fibers (especially of lamb or goat). Add required amount of water & put the smashed meat in it along with the soup obtained while boiling the meat & prepare soup in routine way. When the soup is ready put small pieces of barley chapatti or barley bread in it & cover the vessel with a plate for 5 minutes. Than serve it.

Contents of barley: -

Proteins, sodium, potassium, calcium, magnesium, iron, copper, vitamin B1, B2, B6, B12, vitamin C, K, A, zinc, selenium, dietary fibers, monounsaturated fats, polyunsaturated fats, saturated fat etc.

Scientific benefits of jaw (barley): -

1. Barley reduces cholesterol.
2. Beneficial in kidney stones & gall stones.
3. It is nourishing.
4. Rich in fibers thus removes constipation & makes us free from taking medicines for constipation.
5. Reduces blood pressure.
6. It counteracts toxins which causes intestinal cancers.
7. Helps in controlling blood sugar & reduces blood glucose.
8. Reduces fats of the body.
9. Helps in reducing obesity.
10. Beneficial in anaemia.
11. It helps digestion.
12. Removes toxins.
13. It improves immunity.
14. It prevents osteoporosis & atherosclerosis.
15. It is a good antidote in poisoning.
16. Maintains skin elasticity, increases skin tone.
17. Promotes hair growth, restores hair colour.
18. Reduces hair fall.
19. Heals wounds.
20. It reduces inflammation.
21. It is anti-ageing.

Science & Hadees regarding Barley: -

In Hadees it is mentioned that it cleans the digestive system, soothes the Qalb (heart) etc: -

Scientists have found the following items during the chemical synthesis of barley: - albuminoids, starch, fat, fiber, ash & water. Chemical composition shows that it contains the fat in the form of Leucosine Gluten Albumen, the compound of nitrogen as palmatic Acid, Salisylic Acid & phosphoric Acid. Besides, it contains

Hypoxanthens also. It contains 4 % Proteins, the enzymes for digestion of carbohydrates & vitamins. Some scientists also indicate the presence of Arsenic in the barley grain.

Mechanism of action according of GBF to pharmacology: -

Gastrointestinal effects: Germinated Barley Foodstuff (GBF) is derived from the aleurone & scutellum fractions of germinated barley. GBF appears to induce proliferation of intestinal epithelial cells & facilitate defecation through bacterial production of short chain fatty acids, especially butyrate. GBF is believed to facilitate epithelial repair & suppress epithelial NFkB-DNA binding activity through butyrate (by the micro flora bifid bacterium & eubacterium). GBF has been associated with increased growth of these micro floras in the intestinal tract & varying amounts of total tocopherols & tocotrienols (49.9-67.6mg/kg)& vitamin E content (vitamin E equivalent; 15.7-20.1mg/kg). Barley products composed of different amylose-amylopectin ratios (7-44% amylose) have been reported to lower metabolic responses

Anti-carcinogenic effects: Lunasin, a novel, cancer-preventive peptide found in barley, internalizes into mammalian cells within minutes of exogenous application & localizes in the nucleus after 18 hours. It inhibits acetylation of core histones in mammalian cells. Lunasin does not affect the growth rate of normal & established cancer cells, but is selective for cells being transformed or newly transformed by binding to deacetylated core histones exposed by the transformation event, disrupting the dynamics of histone acetylation-deacetylation & leading to cell death.

Barley as an Anti-hypertensive: -

Barley has predominantly insoluble fiber & soluble fiber in its whole-grain, it is a diet helpful for blood pressure & it lowers cholesterol. Two barley products, barley oil & brewer's spent grains (BSG), neither of which contains soluble fiber, have been investigated for their potential positive impact on lipid metabolism. Brewer's spent grains (BSG) is a by-product of the brewing industry & typically contains 98% insoluble dietary fiber & is high in protein (20-30%) & lipid (6-10%) & contains three times more tocotrienols than the whole grain. The combined animal & human studies on barley oil & brewer's spent grains suggest that some components, possibly the tocotrienols which are an antioxidant, have the ability to affect lipid controlling enzymes & lower the cholesterol. Plasma lipid-lowering effects of barley have been attributed to rich amounts of beta-glucan, a water-soluble fiber. The beta-glucan component of barley has slow gastric emptying time, prolong the feeling of fullness & stabilize blood sugars. Other contributory factors may be d-alpha-tocotrienol. In chicks, high protein barley flour (HPBF)-based diets increase body weight (18%), suppress HMG-CoA reductase (-36%), impair fatty acid synthetase (-40%) & decrease serum triglyceride (-9%) & cholesterol levels (-23%).

Glycemic/insulinemic effects of Barley: -

Barley contains more fermentable carbohydrate than other cereals such as rice. Fermentation of undigested carbohydrate produces short chain fatty acids, some which may reduce hepatic glucose production & affect postprandial glycemia. Because of viscous properties of beta-glucans, boiled flours appear to produce higher glucose & insulin responses when compared with milled kernels. According to a controlled study in 18 lean, healthy men ingesting barley beta-glucan given with high carbohydrate food & high carbohydrate drinks, beta-glucan significantly decreased glycemic & insulinemic responses on the food ($p<0.05$) but not on the drink ($p>0.05$) treatments, compared to controls. In another study comparing crackers & cookies made of whole wheat or barley, the barley crackers & cookies had glycemic indices of 49 & 34, respectively, whereas whole wheat crackers & cookies had 78 & 81, respectively.

Conclusion: -

Barley bread (chapatti) & its flour was the mostly eaten food of Nabi ﷺ& His Family. Barley broth (daliya), Talbinah, barley flour water (jaw Sattu sharbat), its flour is best for health. It strengthens & soothes the heart, cleans digestive system, removes weakness etc. Prescribe to your patients to eat it again & again even if the patient dislikes it. Everyone can use it; fast can be opened by its Sattu water (barley flour water).*.....This lesson has 15 Hadees.....*

Benefits of Barley
1. Promote healthy blood sugar: The fiber content in barley will prevent blood sugar levels from rising too high. Those suffering from Type 2 diabetes should consume more barley.
2. Reduce cholesterol: Beta-glucan from barley's soluble fiber is responsible for lowering cholesterol.
3. Lower the risk of some types of cancer: Barley is rich in selenium and together with fiber it helps prevent colon cancer and breast cancer.
4. Heart friendly: Regular consumption of barley reduces heart disease. In 2005 the Food and Drug Administration (FDA) announced that whole grain barley and barley -containing products are allowed to claim that they reduce the risk of coronary heart disease. It is a good source of niacin, a B vitamin that provides numerous protective actions against cardiovascular risk factors.
5. Weight management: Barley is good for the control of weight and obesity as it is rich in beta-glucan soluble fiber. Eating fiber-rich foods may help increase satiety or a feeling of fullness.
6. Protection against childhood asthma: Consumption of barley could help reduce the risk of childhood asthma by about 50%.
According to the religion of Islam, the Prophet Muhammad prescribed barley, known as "At-Talbina" in Arabic, for seven diseases: high cholesterol, heart disease, cancer, diabetes, hypertension, soothing and calming effects for the bowel, Slowing of age.

Lesson no. 52 Gum Tree (Seyyal) (babul): -

Names

1. *Its Arabic name is seyyal.*
2. *Hindi name is Babul.*
3. *It is famous for its gum.*
4. *Latin name is Acecia seyal and Acacia nilotica.*
5. *There are many types of it, some have thrones and are throne less.*
6. *In English it is called as Gum tree or Babul tree.*

Prophetﷺ's guidance about seyyal: -

Prophetﷺ took an oath under it: -

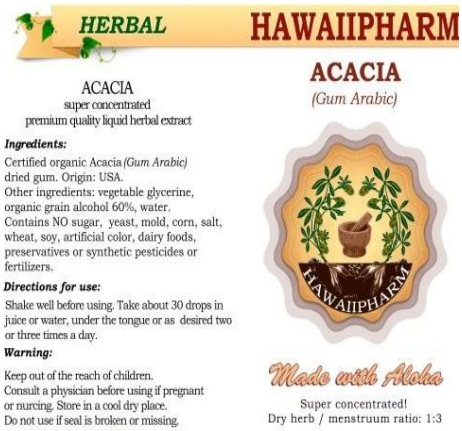
1. This is a plant, under which Nabiﷺ took an oath, with his companions & (this is mentioned is *Quran Chapter No. 24. as "BAIT AL RIZWAN"*).

Content of it: -

It is rich in tannins, little crude protein, crude fibers, lignin, calcium, phosphorus, potassium, sodium, magnesium, manganese, zinc, copper, nitrogen etc.

Scientific benefits of babul (seyyal): -

1. It is good in sexually transmitted diseases.
2. Helpful in cough, typhoid fever.
3. Maintains general health.
4. Good for post-delivery (After delivery).
5. Increases sex.
6. Use in toothpaste or brushing teeth as miswaak.


HERBAL
HAWAIIPHARM
ACACIA
super concentrated
premium quality liquid herbal extract
Ingredients:
Certified organic Acacia (Gum Arabic) dried gum. Origin: USA.
Other ingredients: vegetable glycerine, organic grain alcohol 60%, water.
Contains NO sugar, yeast, mold, corn, salt, wheat, soy, artificial color, dairy foods, preservatives or synthetic pesticides or fertilizers.
Directions for use:
Shake well before using. Take about 30 drops in juice or water, under the tongue or as desired two or three times a day.
Warning:
Keep out of the reach of children.
Consult a physician before using if pregnant or nurcing. Store in a cool dry place.
Do not use if seal is broken or missing.
ACACIA
(Gum Arabic)
HAWAIIPHARM
Made with Aloha
Super concentrated!
Dry herb / menstruum ratio: 1:3

Lesson no. 53 Chicory (Kasni) (Hindb'a) (باءالهند): -

Names

1. *In Hadees it is called as Hindba (الهندباء).*
2. *In Arabic it is called as Hindba, Bazrullah.*
3. *In Hindi &Urdu it is called as Kasni.*
4. *In English it is called as Chicory, Blue daisy, Blue Sailors.*
5. *In Latin it is called as Cichorium intybus.*

Prophetﷺ's guidance about Kasni (باءالهند): -

Hindba (Kasni) & Jannah water drops: -

1. Hazrat Abdullah Bin Abbas رضی الله عنهما says that Rasoolullahﷺ said, "For you Hindba (باءالهند) (Kasni) (Chicory) is present, because no part of day passes without showering the drops of Jannah (الجنة) water on it.*[Abu Nu-aim: vol. no. 3; page no 435]*

It is mentioned in Abu Nuaim that Eat Hindba (باءالهند) (Kasni) (Chicory) without shaking it because no part of the day is passed without showering the Jannah (الجنة) water drops on it.

[Abu Nu-aim: 3659]

Mohammed Bin Abu Bakr Al Qayyim quoted 3 Hadees in relation to Hindba (باءالهند) (Kasni).

3. Eat Hindba (باءالهند) (Kasni) (Chicory) & do not shake its leaves because no day is passed without showering on it the water drops of Jannah (الجنة).

[At-tibbe-Nabawi; vol. no. 1; page no. 314]

4. One who eats Hindba (باءالهند) (Kasni) (Chicory) & goes to sleep, poison & evil spirit (سحر) (Jadoo etc) will not affect him.

[Abu Nu-aim; vol. no. 2; page no. 5]

5. None of the leaves of Hindba (الهندباء) (Kasni) (Chicory) is there which is not showered by Jannah (الجنة) Water drops.

[At-tibbe-Nabawi; vol. no. 1; page no. 314]

Content of it: -

Calcium, iron, magnesia, phosphorus, sodium, potassium, zinc, sugar, dietary fibers, protein, vitamin A,C,E,B1,B2,B3,B5.B6,B7 etc.

Its oil content: -

Cichoria (a glycoside), potassium, sodium, calcium, phosphorus, aluminum, chloride, carbonate, silicon, palmatic, oletic, satearic, linoleic acid etc.

Scientific benefits: -

1. The extract of Kasni (Chicory) leaves can be applied on scorpion bite.
2. It relieves pain & inflammation.
3. Its water extract can be dropped in eyes for cataract.
4. It normalizes fever.
5. Reliefs urinary problems, improves digestion.
6. Removes obstruction of liver, gall bladder & helps in Jaundice.
7. Best if used with dates or olive oil or tukham e kasoos or saunf.
8. Removes constipation, relieves mouth bleeding, kidney inflammation, kidney stones.
9. It is best in all types of cough, diarrhea & dysentery.
10. Gargle can be done with Kasni (Chicory) water in sore throat, mouth ulcers etc.
11. Best in fever & cold.

Science & Hadees regarding Kasni: -

In Hadees it is mentioned that its plant is showered with Jannah water: -

This needs a research on it.

Digestive System: -

i. Cichorium intybus (Chicory) leaf extract holdshepato-protective (liver protective) activity against acetaminophen induced liver damage.

ii. The red part of the leaf of Treviso red chicory with a high content of antioxidant anthocyanins could be interesting for development of new food supplements to improve intestinal health.

Endocrinal System: -

i. Natural chicoric acid extract (NCRAE) presents an anti-hyperglycemic effect essentially due to a peripheral effect on muscle glucose uptake.

ii. Chicory appeared to have short-term (about 2 hours, as far as GTT is concerned) & long-term (28 days, in this study) effects on diabetes. Chicory may be useful as a natural dietary supplement for slowing down the pace of diabetes progress & delaying the development of its complications.

iii. The activities possessed by C. intybus are highly desirable for the treatment of NIDDM because it reduces blood glucose levels without inducing adipogenesis in 3T3-L1 adipocytes.

Cardiovascular System: -

i. The water extract of Cichorium intybus has been observed to exhibit a remarkable anti-oxidative effect on LDL & inhibitory effects on the production of thiobarbituric acid reactive substance & the Degradation of fatty acids in LDL.

Others: -

i. Exhibits antibacterial & antifungal activities.

Conclusion of Hadees: -

1. Jannah water is showered over its plant daily, so use it without shaking (when used fresh). It prevents evil spirits, poisoning etc.

…….This lesson has 5 Hadees…….

Lesson no. 54 Thymes (Sau'atar) (Saatar) (صعتر): -

Names

1. *In Hadees it is called as Sau'atar (صعتر).*
2. *Common name is Saatar Farsi.*
3. *In Latin it is called as Thymus serphyllum.*
4. *In English it is called as Creeping Thyme. (It is called by many names).*
5. *But many Indian scholars say it is Zataria multiflora (Latin name).*
6. *In Arabic it is called as Za'atar.*
7. *It is among the Thymes genus plants.*

Introduction: -

It is an herb mostly found in Arab, Iran, Afghanistan etc. There are many types of thymes plants (family) they are called as Za'atar (thyme) in Persian & Arabic. It is common among Arabs to eat Thymes blended with sesame oil & heavy salts *(usually Fatair pasty)*& olive oil.

Prophetﷺ's guidance about Sau'atar (صعتر): -

About fumigating the homes: -

1. Nabiﷺ said: "Fumigate (dhooni) your homes with Creeping Thyme (Sau'atar) (صعتر) & Loban (اللبان). *[Zaadul Ma'aad page no. 387]*

Loban (اللبان) is Styrax benzoin. (Please refer Lesson no. 64 Loban).

2. Hazrat Abdullah Bin Abbas رضی اللہ عنہما says that Nabiﷺ said: "Fumigate your houses with Al-Sheeh (الشیح) & Creeping Thyme (Sau'atar) (الصعتر). *[Baihaqi: 5678]*

Al-Sheeh is dried leaves of cress. (Please refer Lesson no. 44 Cress in part-2).

Content of it: -

Calcium, magnesium, potassium, phosphorus, sodium, iron, zinc, copper, magnesium, selenium, Vitamin E, A,C, D, B1, B2, B3, B6, B7, B12, choline, betaine, protein.

Scientific benefits of it: -

1. It is useful in treating bedwetting, diarrhoea, stomach ache, arthritis, colic pain, sore throat, cough, whooping cough, bronchitis, flatulence.
2. Increases urine output.
3. Helpful in fungal & bacterial infections.

4. It can be applied directly on throat for hoarseness of voice, laryngitis, tonsillitis, bad breath.
5. Its decoction can be used for mouth gargle.
6. Reliefs muscles spasm.
7. Its oil is very useful

Science & Hadees regarding Saatar: -

In Hadees it is mentioned to fumigate the houses with it: -

Its oil is rich in thymol, carcacrol etc which are best in fumigation against bean, insects & bacterias. Its plant was burned as a fumigator in sick rooms and hospital wards. It was used as incense for many types of religious ceremonies as well.

Pharmacological aspects: -

Thyme contains a number of anti-inflammatory compounds, including luteolin and rosmarinic acid, which may provide health benefits for people with certain anti-inflammatory conditions such as rheumatoid arthritis, asthma and inflammatory acne. Luteolin has been shown to exert strong inhibitory effects against TBK1, an enzyme that has been linked to inflammatory diseases. The rosmarinic acid in thyme, in turn, is thought to exert anti-inflammatory activity by inhibiting lipoxygenase and cyclooxygenase, two enzymes that have been associated with inflammatory responses. Thyme contains several phytochemicals (such as ursolic acid, rosmarinic acid and luteolin) that have been linked to anti-cancer activity in laboratory studies. It has strong inhibitory activity against Helicobacter pylori.

Conclusion of Hadees: -

Fumigate the houses with Saatar, Loban & Al-Sheeh.

…….This lesson has 2 Hadees…….

Lesson no. 55 Memecylon (Warss) (ورس): -

Names of Kamaala

1. *In Hadees & Arabic it is called as Warss (ورس).*
2. *In English it is called as Kamala.*
3. *In Hindi it is called as Kamaala.*
4. *In Sanskrit it is called as Kampillak.*
5. *In Marathi it is called as kesari.*
6. *In Latin it is called as Mallotus philippnensis.*

Names of Karkam

1. *In Hadees it is called as Warss (ورس).*
2. *In Persian it is called as Karkam.*
3. *In Latin it is called as Memecylon tinctorium.*
4. *In English it is called as Memecylon.*
5. *In Marathi it is called as Graham.*

Introduction: -

Warss (ورس) in Arabic it is considered as two things: (1) Kamaala, (2) Karkam in India. Warss is a yellow dye from a perennial plant cultivated in Yemen, identified usually as Memecylon tinctorium, Melastomaceae or sometimes Flemmingia rhodocarpus BAK, Leguminosae. According to Abū Ḥanīfa Al-Dīnawarī's chapter on dyestuffs (165-7), it is found only in Yemen and there only, is cultivated. From various sources, he describes the best warss as bādira, from a young plant, the other type called ḥabaṣḥī because of some blackness in it; however, the ḥabaṣḥī gives pure yellow colour, while bādira can contain some redness in it.

Prophetﷺ's guidance about Memecylon (ورس): -

Use Costus, Olive oil & Memecylon for pleurisy (Zaatul Janb): -

1. Hazrat Zaid Bin Arqamؓ says that Rasoolullahﷺ advised, as a treatment for pleurisy (الجنبذات), Memecylon (ورس), Costus (قسط), & Olive oil (زيت) & take at one side of mouth (يُلَدُّ). ***This Hadith is graded as Da-if (zaif) by Darussalam.*** *[Ibn Ma-jah: 3467; Book. 31; English vol. 4; Book. 31, Hadees. 3467]*

2. Qatadah narrated from Abu Abdullah that Zaid Bin Arqamؓ said that Nabiﷺ would acclaim Olive oil (الزَّيْتَ) and Memecylon (الْوَرْسَ) for (the treatment of) pleurisy." Qatadah said: "And it is put in the mouth on the side which he is suffering ". ***This Hadith is graded as Da-if (zaif) by Darussalam.***
[Tirmizi: 2078; Book. 28, English vol. 4; Book. 2; Hadees. 2078]

Use Indian Costus & Memecylon for throat infection (Azrah): -

3. Hazrat Jabir Bin Abdullahؓ says that Nabiﷺ said Oh! Ladies, Do not burn (Cauterize) throats of your children for Azrah (العذرة) (swelling/ infection in throat) because, you have Qustul hind (قسطالهندى) & Warss (ورس) make them to lick (both).
[Mustadrak Hakim: 8239]

Use Memecylon (Warss) for freckles: -

4. Hazrat Umme Salma رضى الله عنها says that at the time of Nabiﷺ, women in postnatal bleeding (after childbirth) used to wait for forty days and we used to put Warss on our faces because of freckles." (Except for one who became pure (clean) before that).
[Ibn Ma-jah: 648 & 649; Book. 1; English vol. 1; Book 1, Hadees. 648 & 649]

Avoid dying Ihraam with Memecylon (Warss): -

5. Narrated by Ibn Umar رضى الله عنهما that Nabiﷺ forbade dyeing the cloth of Ihraam *(cloth worn while doing Hajj & Umrah)* with Memecylon.
[An-Nasa'i: 2666; Book. 24; English vol. 3; Book. 24, Hadees. 2667]

Dyeing with Memecylon: -

6. Narrated Abdullah Ibn Umar رضى الله عنهما that Nabiﷺ used to wear tanned leather sandals and dye his beard yellow with Memecylon and saffron and Ibn Umar used to do that too.
[Abu Dawud: 4210; Book. 35; English Book. 34; Hadees. 4198]

Scientific benefits of Memecylon tinctorium: -

It is beneficial for all skin diseases, vitiligo, spots on skin etc.

Scientific benefits of Mallotus philippnensis: -

Helpful in cancers, bronchitis, skin diseases, diabetes, lungs diseases, digestive system diseases, jaundice etc.

Science & Hadees regarding Warss (Memecylon tinctorium): -

Antibacterial: - Results showed the ethyl acetate and chloroform extracts of the plant with moderate antibacterial activity. Maximum activity was shown by the chloroform extract against Bacillus subtilis.

Radical Scavenging / Anti-Inflammatory / Analgesic: - The ethyl acetate extract showed the highest stimulation for interleukin-10 production; it also caused significant inhibition of the writhing response. The methanol fraction exhibited radical scavenging activity.

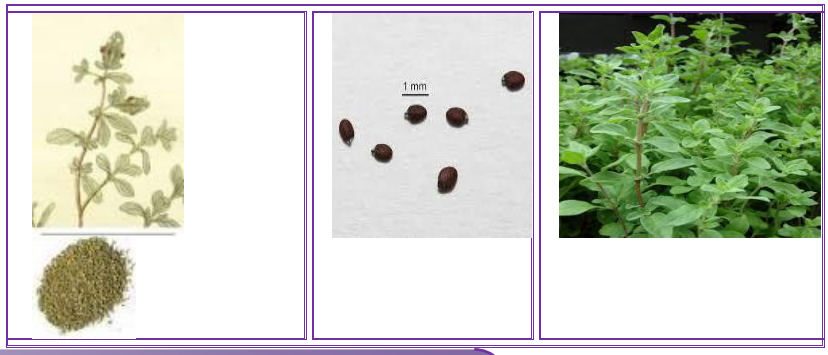
Antimicrobial: - Study of methanol extracts showed significant activity against gram-positive, gram-negative bacteria and fungus.

Apoptogenic / Human Gastric Carcinoma: - Study evaluated the anti-proliferative and apoptogenic activity of an ethyl acetate extract of leaves of Memecylon edule (a small ever green tree native to India) in various cancer cell lines. Results showed the extract inhibited the gastric cancer cell growth in a dose-dependent manner, inducing apoptosis by mitochondrial dependent pathway.

Conclusion of Hadees: -

Warss is best for pleurisy, throat infections; it can be used with olive oil & Qust (refer both lesson). It can use to apply on face. It can be applied on bread, or use in dyeing clothes, but do not wear Ihraam dyed with warss. *…….This lesson has 6 Hadees…….*

Lesson no. 56 Sweet/Knotted Marjoram (Marzanjosh): -



Names

1. *In Hadees it is called as Marzanjosh (المرزنجوش).*
2. *In Urdu it is called as Marwa, Marzanjosh.*
3. *In Hindi it is called as Marwa, Sathra.*
4. *In Sanskrit it is called as Ajanma Surahbhi, Marwa.*
5. *In Latin it is called as Origanum marjoram.*
6. *In Persian it is called as Maranzosh.*
7. *Its common names are Marjoram, sweet marjoram.*
8. *In English it is called as Sweet Marjoram, Knotted Marjoram.*

Nabiﷺ's guidance about Marzanjosh: -

Use Marzanjosh for cough & cold: -

1. Hazrat Anas Bin Malikؓ says that Nabiﷺ said: "For you Marzanjosh (المرزنجوش) are present, this is very beneficial in cold & cough (للخشام جيد) it can be smelled (steam of it). *[Kanz al-Ummal: 17345 & Abu Nu-aim: 286]*

Contents: -

Triterpenoids, Sabinene hydrate, Borneo, Camphor, Pinene, Essential oils, Cafteic, Rosmarimic acids, Caracrol, Flavonoids, Linalool, terperes.

Part used: -

Whole plant.

Scientific benefits: -

1. It is beneficial in gastric ulcers, diabetes, gastro intestinal infections, other infections.
2. It reduces cholesterol, triglycerides.
3. It is sedative, expectorant, carminative and stimulant.
4. Helpful in bronchitis, headache, insomnia, anxiety, digestive disorders, painful menstruation.
5. It relieves muscular pain, swelling, stiffness, arthritis.
6. It can be used externally for skin problems.

Science & Hadees regarding Marzanjosh (المرزنجوش): -

Asthma: - Early research shows that taking 2 drops of marjoram oil daily along with asthma medication for 3 months might improve lung function in people with asthma better than taking asthma medication alone. Its oil is also used for coughs, gall bladder complaints, stomach cramps and digestive, depression, dizziness, migraines, nervous headaches, nerve pain, paralysis, coughs, runny nose (and as a water pill).

Tea made from the leaves or flowers is used for runny nose and colds in infants and toddlers, also useful in dry irritating coughs, swollen nose and throat and ear pain. Marjoram tea is also used for various digestion problems including poor appetite, liver disease, gallstones, intestinal gas and stomach cramps. Some women use marjoram tea for relieving symptoms of menopause, treating mood swings related to menstrual periods, starting menstruation and promoting the flow of breast milk. Other uses include treating diabetes, sleep problems, muscle spasms, headaches, sprains, bruises and back pain. It is also used as a "nerve tonic" and a "heart tonic," and to promote better blood circulation.

Conclusion of Hadees: -

It is best for cough & cold..... *This lesson has 1 Hadees.....*

Lesson no. 57 Twig Tooth Brush (Miswaak) (Siwak) (السواك): -

Names

1. *Quranic name of Miswaak is KHAMT.*
2. *Hadees name of Miswaak is SIWAK. (السواك)*
3. *Arabic name of Miswaak is ARAK, KHARDAL & SIWAK.*
4. *Hindi & Urdu name of Miswaak is PEELU, ARAK.*
5. *English name of Miswaak is Twig Tooth Brush.*
6. *Latin name of Miswaak is Salvadosa persica Linn*

Nabiﷺ's guidance about Miswaak (السواك): -

Miswaak (Siwak) a mouth cleaning thing & pleasing Allah ﷻ: -

1. Abdur-Rahman Bin Abu Atiq says: "My father told me: 'I heard 'A'isha رضى الله عنها saying, (narrating) from Nabi ﷺ: "Siwak is a means of purification for the mouth and is pleasing to the Lord."

[An-Nasa'i: 5; Book no. 1; English vol. 1; Book. 1, Hadees. 5]

Importance of Miswaak: -

2. Narrated by Hazrat Abu Hurairahؓ that Nabiﷺ said: I fear that my ummat will not be able to do, or I would have ordered to delay the night Isha (salah) & to use Siwak (السواك) (Miswaak) (compulsory) before every Salah (Namaz).

[Abu Dawud: 46; Book. 1; English Book. 1; Hadees. 46]

3. Hazrat Abu Umamahؓ reports that Nabiﷺ said: "Use the tooth stick, for the tooth stick purifies the mouth and is pleasing to the Lord. Jibrail never came to me but he advised me to use the tooth stick, until I feared that it would be made obligatory for me and my Ummah. Was it not that I fear that it would be too difficult for my Ummah, I would have enjoined it upon them. And I use the tooth stick until I fear that I may make the front of my mouth sore.' (*I.e.* my gums) (Or cause my teeth to fall out due to brushing them so often)."

[Ibn Ma-jah: 289; Book. 1; English vol. 1; Book. 1, Hadees. 289]

4. Hazrat Abu Saeedؓ says that Nabiﷺ said, it is Wajib (واجب) (obligation) to do Siwak (السواك) Miswaak & it is Wajib (واجب) to bath on every Friday to every Muslim & to apply Itar, if available.

[Bukhari: 880; Book. 11; English vol. 2; Book. 13; Hadees. 5]

5. Hazrat Abu Hurairah ﷺ says that Nabi ﷺ said, if I would not have the feeling that my Ummah will not be able to do Siwak (السواك) (miswaak), I would have ordered to do it before every Salah (Namaz).

[Tirmizi: 22; Book. 1; English vol.1; Book. 1, Hadees. 22]

6. Narrated by Abu Musa ﷺ that, "I came to Nabi ﷺ when He ﷺ was using the Siwak and the end of the Siwak was on His tongue and he was saying, "'A','a'."

[An-Nasa'i: 3; Book. 1; English vol. 1; Book. 1, Hadees. 3]

7. A'isha رضی اللہ عنہا narrated that "Nabi ﷺ would clean His teeth with the Siwak and then He ﷺ would give me the Siwak in order to wash it. So I would first use it myself, then wash it and return it.

[Abu Dawud: 52; Book. 1; English Book. 1; Hadees. 51]

8. Abdullah Bin Amir Bin Rabi'ah ﷺ narrated from his father that he saw, Rasoolullah ﷺ doing Miswaak during fasting (number of times). ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Tirmizi: 725; Book. 8, English vol. 2; Book. 3, Hadees. 725]

9. Narrated by Huzaifa ﷺ says, Whenever Nabi ﷺ got up for Tahajjud prayer He ﷺ used to clean His mouth (and teeth) with Siwak.

[Bukhari: 1136; Book. 19; English vol. 2; Book. 21; Hadees. 237]

Types of Miswaak: -

10. Hazrat Abu Zaid Al Aafaq ﷺ says that Rasoolullah ﷺ said there are only 3 types of good (السواك) Miswaak, first is Eraak (Pilu) (اراك) if Eraak (Pilu) (اراك) is not available than use Anam (عنم) or Batam (بطم) (Sanubar).

[Kanz al-Ummal: 26227]

About Eraak Miswaak: -

11. Hazrat Abi Hiztussabaahi ﷺ said that Nabi ﷺ gave him a twig of Eraak (miswaak of Pilu tree) & said to do Miswaak with it.

[Kanz al-Ummal: 26226]

About Olive Miswaak the best: -

12. Hazrat Maaz Bin Jabal ﷺ says that Nabi ﷺ said the best twig (miswaak) is of Olive (Zaitoon) the precious tree, because it gives good smell in mouth, reduces swelling; it is liked by Me & was liked by Prophets (a.s) who came before me. *[Mojam Ausaf: 678]*

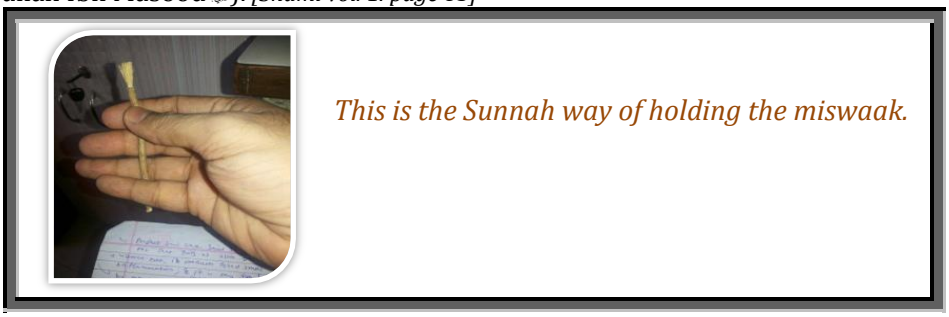
About size of Miswaak: -

13. Nabi ﷺ guided that the size of Miswaak should not be more than one baalisht. *[Al Bahurur-Ra'iq]*

(Means the miswaak should not be longer than below diagram).

How to Hold Miswaak: -

14. Miswaak should be hold between the three fingers and thumb and little finger of right hand. (Narrated by Abdullah Ibn Masood ﷺ). *[Shami vol. 1. page 85]*



This is the Sunnah way of holding the miswaak.

About Miswaak & Salah: -

15. Hazrat Abu Hurairah ﷺ says that Nabi ﷺ said offering 2 Rakat Salah (Namaz) after doing Siwak (السواك) (Miswaak) is 70 times better than 2 Rakat (Salah) (Namaz) offered without doing Siwak (السواك) (Miswaak).

[Kashtul Khifa: 1399; vol. no. 1; page no. 397]

16. Hazrat A'isha رضی اللہ عنہا says that Nabi ﷺ said, Salah offered after doing Siwak (السواك) (miswaak) is 70 times better than Salah (Namaz) offered without doing Siwak (السواك) (miswaak). *[Musnad Ahmed: 26340]*

Benefits of Miswaak: -

17. Hazrat Abdullah Bin Abbas رضی اللہ عنہما says that Rasoolullahﷺ said the ten benefits of Siwak (السواك) (Miswaak) are: -

1. It brings good smell in mouth.
2. Makes gums stronger.
3. Makes eye sight stronger.
4. Removes phlegm.
5. Reliefs inflammation.
6. It is Sunnah.
7. It pleases Farishtaas.
8. It pleases (Rabb) Allah ﷻ.
9. It is ne-qee (Good deed) (Sawaab).
10. It cleans the bowel.

[Kanz al-Ummal: 26185]

About doing Miswaak after entering the home: -

18. Shuraih asked Hazrat A'isha رضی اللہ عنہا what Nabiﷺ would do as soon as Heﷺ entered the house. She replied Siwak (السواك) (miswaak).*[Abu Dawud: 51; Book. 1; English Book. 1; Hadees. 58]*

19. It was narrated from Al-Miqdam - Abu Shuraih - that his father said "I asked to 'Aisha رضی اللہ عنہا: "What did Nabiﷺ did with when He entered his house?' She said: "The Siwak".

[Nasa'i: 8; Book. 1; English vol. 1; Book. 1, Hadees. 8]

Miswaak at the last moment of life: -

20. Hazrat A'isha رضی اللہ عنہا narrated that Rasoolullahﷺ did Siwak (السواك) (Miswaak) during the last moments of his life. *(It is a part of a long Hadees).* *[Bukhari: 4449; Book. 64; English vol. 5; Book. 59; Hadees. 730]*

Time when the respected Prophetﷺ used miswaak: -

1. While Wazoo.
2. While recitation of Quran.
3. While entering home.
4. At the time of last moments on earth.
5. At Sehri.
6. At wake up.
7. Before sleep.
8. Before going to a journey.
9. After returning from a journey.

Contents of Miswaak: -

Many Alkaloids, Salvadorine, Trimethylamine, Chloride, Fluoride, Silica, Natural Sulphur, Vitamin C, Sabonin, Tanin, Flavonoids, Sito sterol, Resins, Natural salts, Vitamin A, Many natural substances.

Rules & Aadab about Miswaak: -

1. The Miswaak should be a straight twig (small branch) and clean.
2. The Miswaak should not be too hard/rough or too soft.
3. The new Miswaak should be approximately 8 inches (a hand-span) in length.
4. The Miswaak should be free from dirt.
5. The Miswaak should be the thickness of the forefinger.
6. Before and after using the Miswaak, it should be washed.
7. The Miswaak should not be sucked.
8. The Miswaak should be placed vertically when not in use.
9. If the Miswaak is dry it should be moistened with water prior to use.
10. This is Mustahaab. It is preferable to moisten it with Rose water.
11. The Miswaak should not be used at both ends.
12. The Miswaak should not be taken from an unknown tree, as it may be poisonous.
13. All types of tree twigs may be used for Miswaak with the exception of the pomegranate tree, b) the basil plant, it can cause leprosy, c) the myrtle tree and it can also cause leprosy. It should not be used as a toothpick as well.
14. Preferably, twigs from a bitter tree should be used, for, it (wood from a bitter tree) cleanses the mouth and strengthens the teeth and stomach. Ensure that it is not harmful or poisonous.

Storage of Miswaak: -

1. Always wash it before & after use.
2. Keep in a polythene bag or long container & keep in fridge at night.
3. Never keep bear in pocket, store in polythene bag or container and keep in the pocket.

4. Dip in rose water for some time daily.
5. Rub the miswaak on teeth gently.
6. Discard the miswaak if bad swell occurs from it or it gets very hard.
7. Never use other people's miswaak. Wife can use husband's miswaak.
8. Keep miswaak in a cool dry place or fridge.
9. Cut the brush end & make the bristles by cutting them with teeth.

Scientific benefits: -

1. It stops growth of bacteria (due to natural sulphur in it).
2. Kills the bacteria.
3. It lowers the pH of mouth, so bacteria cannot grow & multiple (due to Trimethylamine in it).
4. Strengthens the capillaries, gums & teeth (Due to vitamin C, resins & Sito sterol in it).
5. Increases blood flow in the gums, make them stronger & diseases free.
6. It whitens the teeth (due to chloride & silica).
7. Good for teeth enamel (due to fluorine).
8. Makes teeth strong & durable.
9. Keeps the throat clean & free from infections.
10. Increases digestion.
11. It reduces cough & phlegm.
12. Good in treating throat problems.
13. Its elements get mixed is saliva & benefits the whole body.
14. Increases eye sight (due to vitamin A in it).
15. Increases intellect.

Part used is: -*its twig & root as a tooth brush.*

Science & Hadees regarding Miswaak: -

Scientific Studies on Miswaak: -

The Wrigley Company conducted a study on the Miswaak which was published in the Journal of Agricultural and Food Chemistry in 2007. Wrigley's research concluded that mints laced with Miswaak extract were 20 times more effective in killing bacteria than ordinary mints. A small testimony to this fact is that, after half an hour, the mints laced with Miswaak extract killed about 60% of the bacteria whereas the ordinary mints managed only 3.6%.

In the August 2008 issue of the Journal of Period ontology, there appeared a study conducted by Swedish researchers on the Miswaak, as well. The study apparently found that suspended Miswaak pieces in a petridish, the medium for culturing bacteria, were able to kill bacteria that cause periodontal disease without being in physical contact with the bacteria. The researchers, however, suggested that the Miswaak pieces may have been sprayed with antibiotic gases, in their attempt to explain the phenomenon.

Yet another study, one comparing the use of the toothbrush and the use of the Miswaak (2003) can be reviewed currently online at the website for the U.S. National Library of Medicine and National Institutes of Health *(PubMed)*.

The study concluded that Miswaak was more effective than tooth brushing in reducing plaque and gingivitis provided it was used correctly. Similar studies found on the same website and elsewhere vouch for the effectiveness of Miswaak over toothbrush. "*The miswaak appeared to be more effective than tooth brushing for removing plaque from the embrasures, thus enhancing interproximal health*," stated the researchers.

There have been plenty of published studies on the Miswaak and in fact, entire books published which study its oral and systemic benefits.

With its strong antibacterial properties and perpendicular bristles, the Miswaak is a natural toothbrush, toothpaste and floss combined.

Conclusion of Hadees: -

Miswaak pleases Allah, cleans the mouth, it has lot of importance, so use it daily regularly. Clean the tongue also with it & can be used during Fasting. Use it when you enter your home & getup from sleeps. Use it of medium size. Salah offered after using it, is 70 times better than without doing it.

……This lesson has 20 Hadees……

Lesson no. 58 Aloe Vera (صبر): -

Names

1. *In Hadees it is called as Sabir (صبر).*
2. *In Hindi & Urdu it is called as Ghikawar or Guarpatha.*
3. *In English & Latin it is called as Aloe Vera.*
4. *In Marathi it is called as Korphod.*
5. *Its family is Xanthorrhoeaceae.*

Nabiﷺ's guidance about Sabir (صبر) (Aloe Vera): -

About two Bitter things: -

1. Hazrat Qais Ibn Raf'e رضی اللہ عنہ says that Rasoolullahﷺ said: "Do you know what cure the two bitter remedies have carries, Esheeh (Cress) & Sabir (صبر) (Aloe Vera). *[Al-Haawi Al-Kabeer vol. 3; Page. 640]*(Refer Lesson no. 44 cress in part-2).

Use Sabir (Aloe Vera) for face brightness: -

2. Hazrat Umme Salma رضی اللہ عنہا says that "When Abu Salma died, I had applied Sabir *(Aloe Vera)* on my eyes and Rasoolullahﷺ came & asked her: "What is this, Umme Salma"? Hazrat Umme Salma رضی اللہ عنہا answered, "It is Sabir (صبر), it has no perfume in it, Rasoolullahﷺ answered that "It makes the face Brighter, but do not use it expect Nights & remove it in day time, & do not apply perfume when combing your hairs, or Heena, because it is dye, than Umme Salma رضی اللہ عنہا asked What should I use while combing my hairs oh! Rasoolullahﷺ? Rasoolullahﷺ replied: "Use Lotus leaves, to cover your head". *[Abu Dawud: 2305; Book. 13; English Book. 12; Hadees. 2298]*

Sabir (Aloe Vera) for eye infection: -

3. Hazrat Nubayh Ibn Wahb رضی اللہ عنہ says that Hazrat Umer Ibn Udaidullah Ibn Ma'mar رضی اللہ عنہ had an eye infection & he wanted to apply Surma (kohl) in his eye, but Hazrat Abaan Ibn Usman رضی اللہ عنہ told him not to do so, & asked to apply Sabir (صبر) (Aloe Vera) in his eye & said that he heard from Hazrat Usman Ibn Affan رضی اللہ عنہ that, Nabiﷺ did the same.

[Abu Dawud: 1838; Book. 11; English Book. 10; Hadees. 1834]

4. Hazrat Abaan Bin Usman narrates that his father says that one man had an infection in his eyes, while he was in Ihram & Nabiﷺ advised him to apply Sabir (صبر) (Aloe Vera).

[An-Nasa'i: 2711; Book. 24; English vol. 3; Book. 24, Hadees. 2712]

Uses of it:

1. It can be taken orally as its natural Juice.
2. Apply on skin, wounds, ulcers, burns etc.
3. Taken mix with medicines.
4. Taken in medicinal preparations.

Available in market as:

1. Juice (in Natural form).
2. It can be used as shampoo, face wash, gel to apply on face & hair.
3. Ointments creams etc.
4. Pickle.
5. Tablets, capsules (in dried form or its extract).
6. Oils.
7. As a gel to apply on the body.

Contents of Aloe Vera: -

It contains 200 active components & some are: -

carbohydrate, fats, steroids, copper, sodium, potassium, sulphur, protein, amino acids, unsaturated components, organic acids, iron, chloride, magnesium lactate, anti-prostaglandins, vitamin B1, B2, B3, B6, B12,calcium, manganese, digestive properties, cardio protective properties, skin protective properties etc.

Scientific benefits of it: -

1. It helps in constipation (Because it is laxative).
2. Best to apply on cold sores, herpes zoster, herpes simplex, itching, ulcers, burns, viral infections, psoriasis.
3. Helpful in all types of cancers, skin cancers, jaundice, gall stone, HIV, diabetes, dry skin, frost bites, gingivitis.
4. Reduces cholesterol, inflammation, swelling, bed sores, dandruff, colitis, gastric ulcers.
5. Best if applied in burns, wounds, chronic ulcers, eye infections etc.
6. Increases complexion & best in all skin problems.
7. Helpful is all types of eye & skin diseases.

Contraindications: -

1. Motions, Diarrhea	*2. Pregnancy*	*3. Vaginal bleedings*

Science & Hadees regarding Aloe vera: -

For eyes infection: -

It is a best home remedy for eyes infection of all types, because it has anti-bacterial activity & properties.

Anti-bacterial effects: -

The activity of Aloe vera inner gel against both Gram-positive and Gram-negative bacteria has been demonstrated by several different methods. Streptococcus pyogenes and Streptococcus faecalis are two microorganisms that have been inhibited by Aloe vera gel. Aloe vera gel reportedly was bactericidal against Pseudomonas aeruginosa while acemannan prevented it from adhering to human lung epithelial cells in a monolayer culture.

Anti-fungal effects: -

A processed Aloe vera gel preparation reportedly inhibited the growth of Candida albicans.

Anti-viral effects: -

This action may be direct and indirect. Indirect due to stimulation of immune system and direct is due to anthraquinones. The anthraquinones aloin activates various enveloped virus; herpes simplex, varicella zoster (mainly eyes related) and influenza.

Skin hydration actions: -

Mucopolysaccharides help in binding moisture into the skin. It was proposed that the Aloe vera gel containing products improved skin hydration possibly by means of a humectant mechanism.

Anti-aging effects: -

Aloe stimulates fibroblast which produces the collagen and elastin fibers making the skin more elastic and less wrinkled.

Wound-healing effects: -

Different mechanisms have been proposed for the wound-healing effects of aloe gel, which include keeping the wound moist, increase epithelial cell migration, more rapid maturation of collagen and reduction in inflammation.

Glucomannan, a mannose-rich polysaccharide and gibberellin, a growth hormone, interacts with growth factor receptor on the fibroblast, thereby stimulating its activity and proliferation, which in turn increases collagen synthesis after topical and

oral application. An increase in synthesis of hyaluronic acid and dermatan sulfate in the granulation tissue of a healing wound is seen following oral and topical treatment.
Aloe vera gel contains a glycoprotein with cell proliferating promoting activity, while in one research it is found that Aloe vera gel improved wound healing by increasing blood supply, which increased oxygenation as a result. Topical application of the Aloe vera derived allantoin gel stimulated fibroblast activity and collagen proliferation.

Anti-inflammatory effects: -

It inhibits the cycloxigeanase pathway and reduces prostaglandin E2. Recently, the novel anti-inflammatory compound called C-glycosyl chromone was isolated from gel extracts. Recently, the peptidase bradykinase was isolated from aloe and shown to break down the bradykinin, an inflammatory substance that induces pain.

Effect on immune system: -

Immuno-modulating effects occur via activation of macrophage cells to generate nitric oxide, secrete cytokines (e.g., tumor necrosis factor-α, interleukin-1, interleukin-6 and interferon-γ) and present cell surface markers.

Anti-oxidant property: -

Glutathione peroxides activity, superoxide dismutase enzymes and a phenolic antioxidant were found to be present in Aloe vera gel, which may be responsible for these antioxidant effects.

Anti-tumor effects: -

The two fractions from aloes that are claimed to have anticancer effects include glycoproteins (lectins) and polysaccharides. Different studies indicated antitumor activity for Aloe vera gel in terms of reduced tumor burden, tumor shrinkage, tumor necrosis and prolonged survival rates. An induction of glutathione S-transferase and an inhibition of the tumor-promoting effect of phorbol myristic acetate has also been reported which suggest aloe gel in cancer chemoprevention. Indirect action on antitumor activity is stimulation of the immune response.

Laxative effects (Purgative effect): -

Anthraquinones increase intestine water content, stimulate water secretion and increase intestinal peristaliasis.

Anti-septic Properties: -

Aloe vera contain six antiseptic agent; lupeol, salicylic acid, urea nitrogen, cinnamonic acid, phenol and sulfur.

Use of aloe vera in dentistry: -

Apthous ulcer: -

It has been reported that acemannan hydrogel (Acemannan is a D-isomer mucopolysaccharide in aloe vera leaves. This compound has been known to have immune-stimulant, antiviral, antineoplastic and gastrointestinal properties) accelerates the healing of Apthous ulcers and reduces the pain associated with them. Researchers evaluated a gel that combined allantoin, Aloe vera and silicon dioxide and its effects on Apthous ulcers of the oral cavity. Each patient used a daily diary to document the number and duration of apthous ulcers, the interval between ulcers, ulcer size and ulcer pain over a period of 3-4 months. The reduced duration of the lesions in one arm of the study and the increased interval between lesions in the other arm of the study both were significant statistically. The gel did not demonstrate any consistent effectiveness on ulcers in the oral cavity.

Oral (mouth) lichen planus (OLP): -

Lichen planus is a fairly common skin rash that is thought to be triggered by the immune system. Exactly why the immune response occurs is not known. There may be several contributing factors and each case is different. Potential causes include viral infections, an allergen, or even stress or genetics. Sometimes lichen planus occurs along with autoimmune disorders. It can occur at any part of the body even oral cavity (mouth).

A patient of lichen planus with systemic involvement placed on Aloe vera therapy. The patient's treatment involved drinking 2.0 ounces of stabilized Aloe vera juice daily for 3 months, topical application using Aloe vera lip balm and Aloe cream for itching hands. The oral lesions cleared up within 4 weeks, although the systemic lesions took longer, due in part to the fact that the patient temporarily interrupted the course of Aloe therapy and sought an alternate source of treatment.
The 46 patients with OLP were randomly divided into 2 groups. Each group was treated with Aloe vera mouthwash and triamcinolone acetonide 0.1% (TA). The treatment period for both groups was 4 weeks. Patients were evaluated on days 8, 16 and after completing the course of treatment (visit 1-3). The last follow-up was 2 months after the start of treatment (visit 4). Aloe vera mouthwash is an effective substitute for TA in the treatment of OLP.
A double-blind trial on 54 patients was randomized into two groups to receive Aloe vera gel or placebo for 8 weeks. The most common site of OLP was the lower lip. 81% patients treated with Aloe vera had a good response after 8 weeks of treatment, while 4% placebo-treated patients had a similar response ($P < 0.001$). Furthermore, 7% patients treated with Aloe vera had a complete clinical remission. Burning pain completely disappeared in 33% patients treated with Aloe vera and in 4% treated with placebo ($P = 0.005$). Therefore, Aloe vera gel can be considered a safe alternative treatment for patients with OLP.

Another double-blind study of 64 patients with OLP were randomized to either Aloe vera (32 patients) or placebo (32 patients), at a dose of 0.4 ml (70% concentration) three times a day. The patients were evaluated after 6 and 12 weeks. In the Aloe vera group, complete pain remission was achieved in 31.2% of the cases after 6 weeks and in 61% after 12 weeks. In the placebo group, these percentages were 17.2% and 41.6%, respectively. Concluded that Aloe vera improves the total quality of life score in patients with OLP.

Gingival: -

Aloe vera gel reportedly has been used to treat gingivitis and has been effective against herpes simplex viruses. Acemannan, a prominent glucomannan-stimulate gingival fibroblast proliferation.

Pulp: -

Acemannan promotes dentin formation by stimulating primary human dental pulp cell proliferation, differentiation, extracellular matrix formation and mineralization. Acemannan also has pulpal biocompatibility and promotes soft tissue organization.

Bacteria: -

Results showed that Aloe vera tooth gel and the toothpastes were equally effective against C. albicans, Streptococcus mutans, Lactobacillus acidophilus, Enterococcus faecalis, Prevotella intermedia and Peptostreptococcus anaerobius. Aloe vera tooth gel demonstrated enhanced antibacterial effect against S. mitis.

Extracted socket: -

Salicept Patch (a freeze-dried pledget that contains Acemannan Hydrogel) significantly (P 0.0001) reduces the incidence of Alveolar Osteitis (a dry socket after tooth removal which pains & gives lot of problems) compared with clindamycin-soaked Gelfoam.

Denture adhesive: -

Because of the sticky and viscous nature of acemannan, a prototype acemannan was formulated into a denture adhesive and evaluated for adhesive strength in both wet and dry conditions; the adhesive was also used to evaluate cytotoxicity to human gingival fibroblasts.

For eye disease: -

It is a natural anti-biotic, anti-fungal, anti-bacterial, and anti-viral with no side effects as dryness of eyes as causes by modern antibiotic eye drops. It is effective in all eye elements.

*Conclusion:-*Aloe vera is best for eye infections, it increases complexion but should be applied at night only and wash out in day, can be applied in Ihraam, or anyone dead in family because it has no smell in it. *.....This lesson has 4 Hadees.....*

Lesson no. 59 Lentils (Masoor Dal) (Adas) (عدس): -

Names

1. *In Hadees they are called as Adas (عدس).*
2. *In Hindi & Urdu they are called as Masoor Dal.*
3. *In English they are called as Lentils.*
4. *In Latin they are called as Lens culinaris.*

Introduction: -

Lentils in English refer to 6 or more types of Dals, combination of Masoor Dal, Mung Dal & Urad Dal.
According to scholars Adas in Hadees refers to Masoor Dal.

Types of Masoor Dal: -

There are mainly 3 types of Masoor Dal, with variation of colour in different countries.
1. Brown Masoor Dal, it is called as Masoor Dal whole, & in Hindi Akhkha Masoor.
2. Orange Masoor Dal, it is called as Split Masoor Dal, means it does not have the outer husk. Its orange colour differs from places to places.
3. Yellow Masoor Dal, It also differs in yellow colour from places to places.

Classification: -

1. with husk.
2. Without husk (with husk is better for health).

Nabiﷺ's guidance about Adas (عدس): -

Merits of Pumpkin & Masoor Dal: -

1. Hazrat Wasilaؓ says that Nabiﷺ said that Kar'a (القرع) (long pumpkin) is present for you, which increases the intelligence (الدماغ) and masoor daal (العدس) is also present for you, which was eaten by more than 70 Prophet of Allah ﷺ. *[Tabraani: 152]*

Contents of it: -

It has carbohydrate, sugar, dietary fibers, fats, proteins, calcium, magnesium, phosphorus, potassium, sodium, zinc, Vitamin B1, B2, B3, B5, B6, B7, C etc.

Scientific benefits: -

1. Strengthens the body, muscles, bones, organs.
2. Best in diabetes.
3. Light to digest.
4. Best in all season, all age.

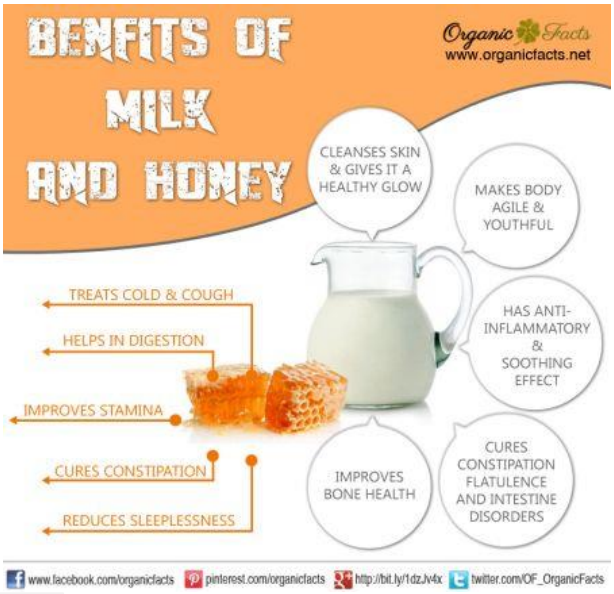
Science & Hadees regarding masoor daal:

Masoor Dal contains high levels of protein, including essential amino acids isoleucine and lysine and is an essential source of inexpensive protein diet. It also contains fiber, folate, vitamin B1 and minerals. It helps to lower the cholesterol and helps in managing blood sugar levels & their high fiber content prevents blood sugar levels from rising rapidly after a meal. They are good source of potassium and iron.

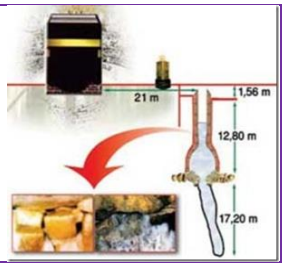
Conclusion of Hadees: -

Masoor daal was eaten by more than 70 previous Prophets.

…….This lesson has 1 Hadees…….



Lesson no. 60 Zamzam (زمزماء): -

		
Zamzam Well with Kaba	*Zamzam Well*	*Zamzam Water*

Names

1. *It is called as Ma'ae Zamzam (زمزماء) (Zamzam water) in Hadees*

Introduction: -

Zamzam is a name of a well in Masjid e Haram situated in holy city of Makkah. It is in Saudi Arabia, This Masjid is the holy place where Muslims go for Hajj & Umrah (Holy visit) & this well is in the Masjid. This is very old well about 2000 B.C. old (Means during Prophet Ebrahim a.s) since then, this well provides a special type of water.

Most of the wells provide water for 100 or 200 years only. This well is amongst the oldest well on earth. It provides water which has no colour, no swell, nor bacteria & has a specific taste & health benefits. It never got dried up since 2000 B.C., though million liters of water is drawn out daily. This well is 9 feet deep & 3×7×8×9 feet's in diameter. This water is free of cost.

Prophet ﷺ's guidance about Zamzam water (زمزماء): -

About Zamzam water & Munafiqeen: -

1. Narrated that Muhammad Bin Abdur-Rahman Bin Abu Bakr said: "I was sitting with Ibn Abbas رضی‌اللہ‌عنہما says that Rasoolullahﷺ said: The difference between we (the true believers) & munafiqeens (المنافقین) (imposters, those who pretend to be true believers) is that they (munafiqeens) do not drink Zamzam water (زمزماء) in plenty (It is a part of long Hadees). *[Ibn Ma-jah: 3061; Book. 25; English vol. 4; Book. 25; Hadees. 3061]*

Benefits & merits of Zamzam water: -

2. Hazrat Abdullah Bin Abbas رضی اللہ عنہما says that Nabiﷺ said Zamzam water (زمزماء) is drank for whatever reason or intention, it is beneficial. If it is drunk for cure, Allahﷻ will give cure. If it is drunk for thirst, Allahﷻ will relief the thirst. If it is drunk for hunger, Allahﷻ will relief the hunger. And further said, this well is of Hazrat Jibrail ؑ (angel of Allah ﷻ) & from Allah ﷻ, it is for Prophet Hazrat Ismail ؑ for drinking purpose. *[Daar Al-quthni: 2739]*

Hazrat Ismail (اسماعیل) ؑis son of Prophet Hazrat Ebrahimؑ.

Hadees 2 is also mentioned in Musradrikul Haakim with addition that if Zamzam water (زمزماء) is drank to seek Allah ﷻ's shelter, than Allah ﷻ will give shelter.*[Mustadrak Al Hakim: 1739]*

3. Hazrat Jabir Bin Abdullah ؓ says that Nabiﷺ said, that for whatever reason & cause, Zamzam water (زمزماء) is drunk (Allahﷻ will) fulfill it. *[Ibn Ma-jah: 3062; Book. 25; English vol. 4; Book. 25, Hadees. 3062]*

One position to drink Zamzam water: -

4. Ibn Abbas رضی‌اللہ‌عنہما narrated that Nabiﷺ drank Zamzam water (ماءزمزم) in standing position.

[Tirmizi: 1882; Book. 26, Hadees. 22; English vol. 3 Book. 24, Hadees. 1882]

5. Narrated by Ibn Abbas رضی‌اللہ‌عنہما that he drew ZamZam water for Nabiﷺ& Heﷺ drank it in standing position.

[Ibn Ma-jah: 3442; Book. 30; English vol. 4 Book. 30, Hadees. 3422]

6. Many times Nabiﷺ himself draw out Zamzam water (زمزماء) from Zamzam well & drank it in standing position.

[Fatwa Alamgiri & Tabkaat Ibn Sa'ad]

Zamzam water taken to native place: -

7. Hazrat Abdullah Bin Umar رضی اللہ عنہما says that, During Soolah Hudaibiya (settlement of Hudaibiya) Rasoolullahﷺ said to a Quresh (قریش) to bring Zamzam water (زمزماء) he brought it & Rasoolullahﷺ took Zamzam water (زمزماء) to Madinah (المدینہ). *[Jamiul Usool vol. 3; page. 437]*

Importing of Zamzam water: -

8. Nabiﷺ send a letter to Hazrat Suhail Bin Umarؓ(the letter said as follows) as my letter reaches you sent Zamzam water (زمزماء) at earliest. (If you get my letter) in evening don't wait for morning if you get my letter in

morning doesn't wait till evening (sent Zamzam water (زمزماء) at earliest). (This letter was sent after Fateh Makkah). *[Musannaf Abdur Razzaq vol. 5; page. 119]*

9. Hisham Bin Urwah narrated from his father that it was habit of Hazrat A'isha رضی اللہ عنہا that, she use to take Zamzam water (زمزماء) along with her (while travelling) & she says that Rasoolullah ﷺ also use to do the same. *[Tirmizi: 963; Book. 9, English vol. 2; Book. 4, Hadees. 963]*

Importance of Zamzam water: -

10. Narrated by Ibn Abbas رضی اللہ عنہما that Nabi ﷺ also liked & appreciated those who use to draw Zamzam water (زمزماء) from Zamzam well & said keep it up. (It is a part of a long Hadees).

[Bukhari: 1635; Book. 25; English vol. 2; Book. 26; Hadees. 700]

11. Hazrat Abdullah Bin Abbas رضی اللہ عنہما says that Rasoolullah ﷺ said that in our region Zamzam water (زمزماء) is the best water.

[Tabrani: 11168]

Dua after drinking Zamzam water: -

12. Nabi ﷺ use to recite the following Dua:

اَللّٰهُمَّ إِنِّيأَسْأَلُكَعِلْمًانَافِعًاوَّرِزْقًاوَّاسِعًاوَّشِفَاءًمِنْكُلِّدَاءٍ

Oh! Allah ﷻ, I seek beneficial knowledge, wide sustenance & cure from all ailment (diseases) from You.

After drink Zamzam in standing position.

[Musannaf Abdur Razzaq vol. no. 5; page. 113]

Also Hazrat Abdullah Bin Abbas رضی اللہ عنہما use to recite this Dua before drinking Zamzam. *[Al-Hisnul Hasin (English by Muhammed Rafiq)]*

About Zamzam well: -

13. Narrated by Ibn Abbas رضی اللہ عنہما that Nabi ﷺ said: "May Allah ﷻ be merciful to the mother of Ismail! If she had left the water of Zamzam (fountain) as it was, (without constructing a basin for keeping the water), (or said, "If she had not taken handfuls of its water"), it would have been a flowing stream. Jurhum (an Arab tribe) came and asked her, 'May we settle at your dwelling?' She said, 'Yes, but you have no right to possess the water.' They agreed". *[Bukhari: 2368; Book. 42; English vol. 3; Book. 40; Hadees. 556]*

Use Zamzam water for fever: -

14. Narrated by Abu Jamra Ad-Dabi I used to sit with Ibn Abbas رضی اللہ عنہما in Makkah, once I had a fever and he said (to me), "Cool your fever with Zamzam water, Nabi ﷺ said: "It, (the Fever) is from the heat of the (Hell) Fire; so, cool it with water (or Zamzam water).

[Bukhari: 3261; Book. 59; English vol. 4; Book. 54; Hadees. 483]

Zamzam water used for sterilization: -

15. Anas Bin Malik narrated from Malik Bin Sa'sa'ah a man among his people said that Nabi ﷺ said: "While I was in the house, between sleeping and being awake, I heard someone saying: "The one in the middle of the three.' I was brought a vessel of gold containing Zamzam water, so my chest was split, to here". Qatadah said: "I said to Anas: "What does that mean? He said: 'To the lowest part of his stomach". He said: "So my heart was removed and washed with Zamzam water, then returned to its placed. Then I was filled with Faith and wisdom." There is a long story with this Hadees.

[Tirmizi: 3346; Book. 47, English vol. 5; Book. 44, Hadees. 3346]

16. Anas Bin Malik reported that Jibrail came to Nabi ﷺ while he was playing with his playmates. He took hold of him and laid him prostrate on the ground and tore open his breast and took out the heart from it and then extracted a blood-clot out of it and said this is the part of Satan in thee. And then he washed it with the water of Zamzam in a golden basin and then it was joined together and restored to its place. The boys came running to his mother, i. e. his nurse and said: Verily Muhammad has been murdered. They all rushed toward him (and found him all right) His color was changed, Anas said. I myself saw the marks of needle on his breast.

[Muslim 162 C; Book. 1; English Book. 1; Hadees. 311]

17. Nabi ﷺ said that Hazrat Abu Zar Gaffari spend 40 days & 40 nights in ka'bah sharif (Masjid e haram in Makkah) between Ka'bah & its covering (parda). Hazrat Abu Zar Gaffari had no eatables & he drank Zamzam water (زمزماء) only & Nabi ﷺ further said that Zamzam water (زمزماء) is equivalent to meals.

[Abu Nu-aim: vol. 1; page: 289]

Content of Zamzam water (زمزماء): -

1. It has no colour, no swell & has a very different taste.
2. Its pH is 7.9 to 8 (it is alkaline).
3. It has sodium, potassium, calcium, magnesium, chloride, Fluoride, sulfate, nitrates, bicarbonate etc.

Scientific benefits of Zamzam water (زمزماء): -

1. There are lots of benefits of Zamzam water (زمزماء).
2. Zamzam water (زمزماء) is being tested many times & no bacteria, no organisms were found.

3. It is clean & pure.
4. It has miraculous healings in it.
5. It has nutrition in it.
6. It has been found very effective in ulcerative keratitis when put in eyes.
7. Beneficial in kidney stones.
8. Beneficial in cancers.
9. And much more.

Note: - *All above are based on clinical researches.*

Science & Hadees regarding Zamzam: -

It has been scientifically proven that water gets affected by what is recited over it. Japanese researcher Masaru Emoto has had a unique experience. He said that he had read in a book that each snowflake falling from the sky is unique. He said that his scientific instincts told him that this was not true. The geometric shape of the snowflake is determined by its chemical composition. The composition of water is well known - two hydrogen atoms and one oxygen atom. So how come snowflakes that fall from the sky are different from one another? He said: "I was determined to prove that this theory was false." He built a laboratory, consisting of a deep freezer with a regulator, because no liquid, subjected to sudden freezing, can assume a geometric shape. The freezing must be slow, so the atoms have the chance to crystallize into the shape decreed by Allahﷻ. There was a deep freezer with a regulator, a cold room at the temperature of -7°C and several microscopes equipped with cameras, so he could photograph the snowflake before it melted. The scientists working in this room wore warm clothing. He said: "I took samples from two faucets in the laboratory, I froze them and each sample gave me a different snowflake. The samples came from two different wells, two different rivers, from two different lakes. I almost went crazy and thought this was witchcraft." A Saudi student at the University of Tokyo happened to meet him and asked him what was wrong. Masaru told him his problem. The student said to him: "We have blessed water, called Zamzam. I will give you a sample of this water so you can experiment on it. Zamzam water is not affected by witchcraft or Jinns, so using it can prove or disprove the whole theory." Emoto took a sample of Zamzam water and said: "I couldn't crystallize it, even by diluting the water by 1,000." In other words, he turned one cubic centimeter into one liter.

He said that when he diluted the water by 1,000 and froze it, he got a uniquely-shaped crystal. Two crystals were formed, one on top of the other, but they assumed a unique form. When he asked his Muslim colleague why there were two crystals, he told him it was because "Zamzam" is composed of two words: "Zam" and "Zam."

Masaru Emoto said: "My Muslim colleague offered to recite Quranic verses over the water. He brought a tape-recorder and played some Quranic verses and we got the most perfectly-shaped crystals. Then he played the 99 names of Allah ﷻ. Each name produced a uniquely-shaped crystal. Then he began cursing the water. We said: Water, you are impure. You are not suited for consumption. The water, in this case, did not freeze, or produced an extremely ugly crystal." When they uttered bad words like "war" or "fighting," the water did not freeze, or else produced an ugly shape. When the man completed these experiments, which lasted 15 years, he published a five-volume book called Messages from Water. He wrote: "*I have proven that water, that peculiar liquid, is capable of thinking, fathoming, feeling, getting excited and expressing itself*."

He also found out that if someone recites the Quran on regular water, it gets the ability for the treatment of different diseases.

Following was written by a Japanese Scientist Masaru Emoto:

The quality / purity of Zamzam water will not be found anywhere else in the water on this earth.

He used the technology named *NANO* and researched a lot on Zamzam water. And found out that if one drop of Zamzam water mix in 1000 drops of regular water, regular water will get the same quality like Zamzam water.

He also found that a mineral in one drop of Zamzam water has its own importance that will not be find any other water on earth.

He also found in some tests that the quality or ingredients of Zamzam water cannot be changed, why science does not know the reason.

Even he re-cycled the Zamzam water, but no changes took place, & it was still pure.

This scientist Masaru Emoto & his team also found out that, the Muslims recites بسم الله الرحمن الرحيم before eating/drinking. He says that after saying *BISMILLAH* on regular water, there are some strange changes happened in the quality of regular water. That make it best water.

Masaru Emoto is a Japanese author known for his claim that if human speech or thoughts are directed at water droplets before they are frozen, images of the resulting water crystals will be beautiful or ugly depending upon whether the words or thoughts were positive or negative. Emoto claims this can be achieved through prayer, music or by attaching written words to a container of water.

Research by Tariq Husain, Riyadh, by Moinuddin Ahmed, Conclusions is: -

Never Dried Up: This well has never dried up. On the contrary it has always fulfilled the demand for water.

Same Salt composition: It has always maintained the same salt composition and taste ever since it came into existence.

Portability: Its portability has always been universally recognized as pilgrims from all over the world visit Ka'aba every year for Hajj and Umrah, but has never complained about it. Instead, they have always enjoyed the water that refreshes them.

Universal taste: Water tastes different at different places. Zamzam water's appeal has always been universal.

No Biological Growth: This water has never been chemically treated or chlorinated as is the case with water pumped into the cities. Biological growth and vegetation usually takes place in most wells. This makes the water unpalatable owing to the growth of algae causing taste and odour problems. But in the case of the Zamzam well, there wasn't any sign of biological growth.

Conclusion of Hadees: -

Drink Zamzam in plenty, By drinking it with an intention of any desire, Allahﷻ will fulfill it, Drink it in standing position, carry it while traveling, also take it to your native places, it is the best water, recite the Dua after drinking it, Drink & pour it on the body during fever, Nabiﷺ's heart was washed with zamzam water.

…….This lesson has 17 Hadees……

Lesson no. 61 Rain water (المطرماء): -

Names

1. *In Quran rain is called as GHAITH.*
2. *In Hadees, Rain Water is called as Ma'aul Matar (المطرماء).*
3. *Rain in Arabic is called as GHAITH (غيث).*

Rain is mentioned in Quran at many verses. Allah ﷻ reminds us that "it is Allahﷻ who makes rain & rain fall.

Prophet ﷺ's guidance about rain water (المطرماء): -

About bathing in Rain: -

1. Hazrat Anas Bin Malikؓ says that once we were with Nabiﷺ and rain started falling, (the respected) Nabiﷺ removed his upper garment (kurta) & rain fall on Nabiﷺ; we asked Why did you do this? & Nabiﷺ said, because it (rain) has just come, from his Lord (Allah ﷻ). *[Muslim: 898; Book. 9; English vol. 4; Hadees. 1960]*

Dua while raining: -

2. Hazrat A'isha رضی اللہ عنہا says that whenever it rained in Rasoolullahﷺ's time, (respected) Rasoolullahﷺ use to pray to Allah ﷻ that "Oh! Lord! Make these rain blessings for us. *(Means make this rain beneficial for us)*. *[Bukhari: 1032; Book. 15; English vol. 2; Book. 17; Hadees. 142]*

3. Narrated A'isha رضی اللہ عنہا that when it rained Nabiﷺ would say:

[An-Nasa'i: 1523; Book. 17; English vol. 2; Book. 17, Hadees. 1524]

4. Anasؓ reported I saw Nabiﷺ raising his hands (high enough) in supplication (for rain) that the whiteness of his armpits became visible (Supplication for Rain). *[Muslim 895 A; Book. 9; English Book. 4; Hadees. 1951]*

About requesting for Dua for rain to Abbas uncle of Nabiﷺ: -

5. Narrated by Anasؓ whenever there was drought, Umar Bin Al-Khattabؓ used to ask Allahﷻ for rain through Abbas Bin Abdul Muttalibؓ, saying, "O Allahﷻ! We used to request our Nabiﷺ to ask You for rain and You would give us. Now we request the uncle of our Nabiﷺ to ask You for rain, so give us rain." And rain would fall." *[Bukhari: 3710; Book. 62; English vol. 5; Book. 57; Hadees. 59]*

When rain is excessive: -

6. Narrated by Anas Bin Malikﷺ, once there was no rain in Nabiﷺ time, a man come and requested to Nabiﷺ to pray for rain & it rained from one Friday to next Friday, & the man came again saying that the rain is excessive & causing harm, Nabiﷺ prayed:

اللَّهُمَّ عَلَى ظُهُورِ الْجِبَالِ وَالْآكَامِ
وَبُطُونِ الْأَوْدِيَةِ وَمَنَابِتِ الشَّجَرِ

O Allah ﷻ! (Let it rain) on the tops of the mountains, on the plateaus, in the valleys and over the places where trees grow" So the clouds cleared away from Madinah as clothes are taken off.
[Bukhari: 1019; Book. 15; English vol. 2; Book. 17; Hadees. 132]

Use of Rain water for diseases: -

7. Hazrat Anas Bin Malikﷺ says that Nabiﷺ said that "With your Halal (pure) (حلال) earnings, buy Honey (عسل) & use it (Honey) with Rain water, this will help in Shifa (شفاء) for all diseases. *[Kanz al-Ummal: 28176]*

When it could get darker: -

8. A'isha رضی اللہ عنہا reported, I never saw Nabiﷺ laughing to such an extent that I could see his uvula-whereas he used to smile only-and when Heﷺ saw dark clouds or wind, (the signs of fear) were depicted on his face. I said Rasoolullahﷺ, I find people being happy when there were dark clouds in the hope that it would bring rain, but I find that when you see that (the cloud) there is an anxiety on your face. Heﷺ said: 'A'isha, I am afraid that there may be a calamity in it, for a people was afflicted with wind, when the people saw the calamity they said:" It is a cloud which would give us rain" (Qur'an. xlvi. 24). *[Muslim: 899 C; Book. 9; English Book. 4; Hadees. 1963]*

Safety against disaster when rain is imminent: -

When clouds laden with rain are seen, recite:

اَللّٰهُمَّ اِنَّا نَعُوْذُبِكَ مِنْ شَرِّمَا اُرْسِلَ بِهٖ اَللّٰهُمَّ سَيْبًا نَافِعًا

O' Allahﷻ! We seek Your protection from the mischief of what these clouds bring, Allahﷻ make this rain one of prosperity and benefit.

When the clouds laden with rain clear up: -

When the clouds laden with rain are seen clearing, *Al-Hamdulillah* الحمدللہ should be said and Allahﷻ should be thanked as there must surely be some good in the rain not having fallen.

When rains begin to fall: -

When the rain begins to fall, recite:

(اللَّهُمَّ صَيِّبًا نَافِعًا)

O' Allahﷻ! Send abundant and beneficial rain.

Or recite: اَللّٰهُمَّ سَيْبًا نَافِعًا

O' Allahﷻ! Send down abundant rain that gives prosperity.

When there is fear of too much rain causing disaster: -

When there is fear of excessive rains causing disaster recite:

اَللّٰهُمَّ حَوَالَيْنَا وَ لَا عَلَيْنَا
اَللّٰهُمَّ عَلَى الْاٰكَامِ وَ الْاٰجَامِ وَ الظِّرَابِ وَ الْاَوْدِيَةِ وَ مَنَابِتِ الشَّجَرِ

O' Allahﷻ! Let it rain in our surroundings and not upon us. O' Allahﷻ! Let it rain on the mountains, in the wild, in rivers, dams and valleys and in places where trees and shrubbery grow.

When the clouds thunder and lightings strike: -

When this happens, recite:

اَللّٰهُمَّ لَا تَقْتُلْنَا بِغَضَبِكَ وَلَا تُهْلِكْنَا بِعَذَابِكَ وَعَافِنَا قَبْلَ ذٰلِكَ

O' Allahﷻ! Do not kill us through Your wrath and do not destroy us through Your punishment and grant us safety before this happens. *[Hisnul Hasin English by: Muhammad Rafiq, Page: 189-190]*

Rain water a blessing: -

9. Hazrat Ibn Abbas رضی اللہ عنہما says that Rain started to fall from Heavens; Hazrat Ibn Abbas رضی اللہ عنہما asked his servant Abu Jawzaa to bring out his mattress & saddle so that the rain may fall on them. Abu Jawzaa asked him why you are doing that may Allahﷻ Have mercy on you. Hazrat Ibn Abbas رضی اللہ عنہما replied "Do you not read the Quran" (it is mentioned in Surah 50, verse 9,"And we have sent down from the heavens water that is blessed" & said therefore I would like the blessing to fall on them. *[Marifatul Sunana Wal Aasaar: 7232]*

Scientific benefits: -

1. Rainwater is relatively pure stuff. The process of evaporation leaves chemicals behind and what you see falling from the clouds starts out pretty clean. Evaporation is nature's distillation process.
2. Rain water is the purest water in the nature, there is nothing wrong in drinking the raining water. But we must purify it before drinking. Rain water is having a lot of health benefits; it is having natural minerals etc.

Science & Hadees regarding Rain: -

How do scientists look at rain nowadays?

All scientists all over the world confirm that rain is a very organized and complicated phenomenon and formation of one drop of rain depend on some exact physical rules.
Satellite photos show a new discovery that it rains continuously in different places on earth.
So if we look at earth from different sides we notice that it is covered by clouds, scientists say that every second there are one hundred lightning flash all over the world, we know that lightning is linked with rain. So it is a real scientific fact that it rains continuously in different places on earth.
The four seasons are alternated on earth , when it is summer in the north half of earth , it is winter in the south half and vice versa .so it rains all the time day and night and most of rain goes into seas , this is a scientific fact.

What does our Nabiﷺsay about the phenomenon of rain?

Nabiﷺ says that in every hour even in day or night, it rains and Allah ﷻ distributes these rains wherever He wants) [Narrated by Al-Hakeem]. This Hadees confirms on a scientific fact that it rains all day and night on earth.

What do explainers of Quran say about this phenomenon?

Allahﷻ says in *Quran Surah Furqan 48:50* and it is He Who sends the winds as heralds of glad tidings, going before His Mercy (rain); and We send down pure water from the sky. That we may give life thereby to a dead land and we give to drink thereof many of the cattle and men that we had created. And indeed we have distributed it (rain or water) amongst them in order that they may remember (the Grace of Allahﷻ,) but most men refuse to accept the Truth or Faith and accept nothing but disbelief or ingratitude.
According to the interpretation of Al- Baghawee, as Allahﷻ's says, we have distributed it (rain or water) amongst them; it means distribution of rain among different countries. Ibn Abbas رضی اللہ عنہما says that every year, it rains in equal amount but Allahﷻ distributes it amongst earth.
Also Ibn Abbas رضی اللہ عنہما, Ibn Goraig and Mokatel tells us that Nabiﷺ said, there is no year that rain is more than the other, but Allahﷻ distributes livelihoods in our life as every year it rains in a specific amount and if people commit sins, Allah ﷻ would transfer rain to another people and if all people commit sins, Allahﷻ will send rain in seas. *[Al-Hakim]*
Nabiﷺwas living in desert area with no satellites or meteorological agencies and there was no method to predict with the continuous rain in day and night. so if Heﷺ used to speak from his own (without inspiration of Allahﷻ), He would say the same as His people says to get their support, but in fact Heﷺ got nothing from His own so we have to ask, who told Him these, scientific fact which are discovered after hundreds of years , what made Himﷺ to say that? Don't you see that the reason is to make it as an eloquent reply on people who mocks at the best man humanity ever known? Allahﷻ taught Him all.

Why is it a miracle?

1. The Prophetic Hadees states unknown scientific fact at that time as a proof that Prophet Muhammedﷺ is sincere, truth & honest. As in some eloquent words He ﷺ summarized scientific fact as Heﷺ said, in every hour even in day or night, it rains and Allahﷻ distributes these rains wherever he wants *[Narrated by Al-Hakim]*. You have to notice that any scientists or even a Bedouin can understand the meaning of the Hadees.
2. Nabiﷺ told us about very important issue that distribution of rain is by Allahﷻ wherever He wants. It is very strange to know that there are some scientific references about water cycle systems on earth. Scientists confirm that each year there are fixed amount of rain.
3. It is very strange that no one at that time denied the Hadees despite the opposition in His life and after Himﷺ & those people were living in desert where rain did not fell for years.
4. There is a question to atheists who denies the Prophecy of Muhammedﷺ, what made Prophet Muhammedﷺ to know about unknown scientific fact that will not benefit Him anyway! As you the atheists say that Muhammed ﷺ was only asking for famous so He wrote the Quran. But we say why Prophet Muhammedﷺ told us about these scientific facts and didn't tell us about some of own views if He was looking for power and glory?

Conclusion of Hadees: -

1. Do Dua if it rains that Allahﷻ make it beneficial for us, store the rain water direct in to a clean vessel & use, also store in clean containers for non-seasonal uses of it. Do Dua if rain does not fall, in Nabiﷺ way, also do Dua if it rain excessively. Rain water & honey can be used for treatment.

…….This lesson has 8 Hadees…….

Lesson no. 62 WATER (ماء): -

Names

1. In Hadees & Arabic is called as Al-Ma'a (ماء).

2. In English it is called as Water.

3. In Urdu & Hindi it is called as Paani.

In Quran water is been mentioned in many verses, in different contexts.

Prophet ﷺ's guidance about water (ماء): -

Teachings of Nabiﷺ regarding drinking water: -

1. Narrated by Ibn Abbas رضی اللہ عنہما that Nabiﷺ said: "Let none of you drink all at once like the camel. But drink two or three times, mentioning Allahﷻ's Name when you drink and praising Him when you (finish)". *[Tirmizi: 1885; Book. 26; English vol. 3; Book. 24, Hadees. 1885].* ***This Hadith is graded as Da-if (zaif) by Darussalam.***

2. Narrated by Ibn Abbas رضی اللہ عنہما Nabiﷺ prohibited breathing out in the vessel or blow into it.

[Tirmizi: 1888; Book. 26; English vol. 3; Book. 24, Hadees. 1888]

3. Narrated by Abu Saeed Al Khudriؓ that Nabiﷺ prohibited blowing into the drinks, the man asked: "What about if one sees something floating in the vessel?" Heﷺ replied: "Spill it out (removing that)." He said: "I cannot drink in one breath." & Nabiﷺ said: "Then remove the cup away from your mouth".

[Tirmizi: 1887; Book. 26; English vol. 3; Book. 24, Hadees. 1887].

Drinking water in 3 breathes: -

4. Hazrat Anas Bin Malikؓ says that Nabiﷺ drank water (ماء) in 3 breathes & said this way is more wholesome & thirst quenching.

[Tirmizi: 1884; Book. 26; English vol. 3; Book 24, Hadees. 1884]

Holding of breath while drinking water: -

5. Hazrat Abdullah Bin Abi Qatadahؓ says from his father that Nabiﷺ said: "When one of you drinks, then do not breathe into the vessel".

[Tirmizi: 1889; Book. 26; English vol. 3; Book. 24, Hadees. 1889]

(Means that the glass or drinking vessel should be taken far from the mouth & nose & exhale followed by inhale). And hold the breath while drinking and drink sip by sip.

Disallowed to drink water from mouth of Water-skin: -

6. Narrated by Abu Hurairahؓ that Nabiﷺ forbade the drinking of water directly from the mouth of a water skin.

[Bukhari: 5628; Book. 74; English vol. 7; Book. 69; Hadees. 532]

Avoid drinking water in standing position: -

7. Hazrat Qatadahؓ says that Hazrat Anasؓ said, Nabiﷺ disliked & stopped them, when found people drinking water (ماء) in standing position & about eating in standing position Anasؓ was asked, he answer: "That is worse".

[Tirmizi: 1879; Book. 26; In English vol. 3; Book. 24, Hadees. 1879]

8. Narrated by Ibn Abbas رضی اللہ عنہما that Nabi ﷺ has drank Zamzam water (ماءزمزم) in standing position.

[Tirmizi: 1882; Book. 26; English vol. 3; Book. 24, Hadees. 1882]

9. Abu Hurairahؓ reported that Nabiﷺ said, none of you should drink while standing; and if anyone forgets, he must vomit.

[Muslim: 2026; Book. 36; English Book. 23; Hadees. 5022]

Rule of boiling our drinks: -

10. Narrated by Abdullah Bin Yazad Al-khatmi that Umar Bin Al-Khattab ؓ wrote to him (saying) cook (boil) your drinks until the share of shaitaan is gone, for he has two share & you have one (means boil till 1/3 is left over & 2/3 is evaporated). ***This Hadith is graded as Da-if (zaif) by Darussalam.*** *[An-Nasa'i: 5717; Book. 51; English vol. 6; Book. 51; Hadees. 5720]*

About wooden cup: -

11. Narrated by Anas ﷺ that Umme Sulaim رضی اللہ عنہا had a wooden cup & she said she gave Nabi ﷺ all kinds of things to drink in it (water, honey, Nabiz). *[An-Nasa'i: 5753; Book. 51; English vol. 6; Book. 51, Hadees. 5756]*

About drinking from the broken side of cup not allowed: -

12. Hazrat Abu Saeed Al-Khudri ﷺ says that Nabi ﷺ disallowed drinking from the chipped (broken) side of the cup and from breathing in the drink". *[Abu Dawud: 3722; Book. 27; English Book. 26; Hadees. 3713]*

Signs of pure water: -

13. Hazrat Abu Umamah Al-Bahili ﷺ says that Nabi ﷺ said that water (ماء) is pure (usable) if the taste, colour & smell of water is proper. ***This Hadith is graded as Da-if (zaif) by Darussalam.*** *[Ibn Ma-jah: 521; Book. 1; English vol. 1; Book. 1, Hadees. 521]. (Means if water is contaminated than its colour, taste or smell will change).*

About sea water & its products: -

14. Hazrat Abu Hurairah ﷺ says that one person asked to Nabi ﷺ that "we are travelers on sea, & we do not have lot of water with us, can we do WAZOO with sea water? Nabi ﷺ answered that, sea water is pure (usable) & its products are also permissible.

(Wazoo is to wash hands, legs, face etc before praying Salah)

[An-Nasai: 332; Book. 2; English vol. 1 Book. 2, Hadees. 333]

Rules about still water: -

15. Hazrat Abu Hurairah ﷺ says that Rasoolullah ﷺ said do not pass urine in still waters (الدائمالماء) & also do not take bath in still waters (الدائمالماء) after sex (جنابة).

[Abu Dawud: 70; Book. 1; English Book. 1; Hadees. 70]

Remember bath after sex is compulsory in Islam. Still waters are like swimming pools, pools, ponds, sea water etc.

16. Narrated by Jabir ﷺ that Nabi ﷺ forbade urinating into standing water. *[Ibn Ma-jah: 343; Book. 1; English vol. 1; Book. 1, Hadees. 343]*

Treat fever with water: -

17. Narrated Aisha that Nabi ﷺ said: "Fever is from the heat of the (Hell) Fire, so cool it with water."

[Bukhari: 3263; Book. 59; English vol. 4; Book. 54; Hadees. 485]

Sea water a source of Tahrat: -

18. Hazrat Abu Hurairah ﷺ says that Rasoolullah ﷺ said: "The one who do not gets cleaned (طهرہ) with sea water also, then there is nothing from Allah ﷻ to clean (طهرہ) him". *[Daarqathni: 78]*

Use boiled water & Honey for kidney problems: -

19. Hazrat A'isha رضی اللہ عنہا says that Rasoolullah ﷺ said that "There is an important part of kidney (called as) khasaura (الخاصرة) when this part gets swelled up, the person gets great pain & problems, treat this with excessively boiled water (الماء المحرق) (muharraq) & Honey (عسل)". *[Mustadrak Al Hakim: 8237]*

About overnight kept water: -

20. Narrated by Jabir Bin Abdullah ﷺ that Nabi ﷺ entered upon a man among the Ansar when he was watering his garden, & asked him 'If you have any water that has been kept overnight in a water skin, then give us some to drink, otherwise we will drink by putting out mouths in the basin.' He replied, 'I have water that has been kept in a water skin, so he went and we went with him, to the shelter, where he milked a sheep for Him and (mixed it with) water that had been kept overnight in a water skin. He drank from it and then he did likewise for his Companion who was with him."

[Ibn Ma-jah: 3432; Book. 30; English vol. 4; Book. 30, Hadees. 3432]

Water-skin is a bag like thing in which water was stored & kept for cooling. When water is left overnight, its earthly and sandy pollutants will rest in the bottom.

Selling of water not allowed: -

21. It was narrated by Jabir ﷺ that Nabi ﷺ forbade selling water.

[An-Nasa'i: 4660; Book. 44; English vol. 5; Book. 44, Hadees. 4664]

22. Amr Bin Shu'aib ﷺ on the authority of his father and grandfather reported that they saw Nabi ﷺ drink standing and sitting.

[Riyad As-Salihin: 770; Book. 3; English Book. 3; Hadees. 43]

Running water beneficial for vision: -

23. Hazrat A'isha رضی اللہ عنہا says that Nabi ﷺ said that three things to see are beneficial for vision:

a) To see at greenery (tree etc) (الخضرة).

b) To see to running water (river) (الجار بالماء).

c) To see to a beautiful face (حسن الوجه).

[Kanz al-Ummal: 28313]

24. It is mentioned in Baihaqi, (if you need) take water out from still waters & bath at different place (but never bath in still waters after sex, nor urinate in it). *[Baihaqi: 1170]*

25. Hazrat A'isha رضی اللہ عنہا narrates that Nabi ﷺ liked kept water.

[Musnad Abi Yaala: 4613]

Conclusion of Hadees from Shamail-e-Kubra: -

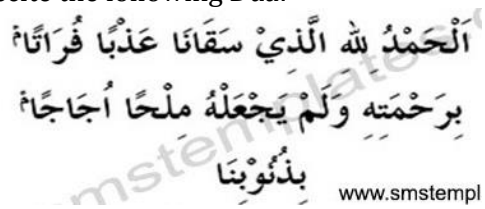
1. Nabiﷺ used to drink water mixed with honey in the morning & did not eat after it, but after the lapse of sometime ate when Heﷺ felt hungry. *[Shamail-e-Kubra; vol. 1; page 209-10]*
2. Nabiﷺ said that Water is the leader, the best of all liquids drinks, both in this world & Hereafter. *[Shamail-e-Kubra; vol. 1; page 208]*
3. Nabiﷺ used to sip the drinking water by lips & tongue & did not pour the water directly in mouth. *[Shamail-e-Kubra; vol. 1; page 215]*
4. It is Sunnah to recite *Bismillah* before drinking a sip & recite *Alhamdulillah* after drinking the sips & Nabiﷺ drank in three gulps & Nabiﷺ prohibited drinking like a camel in one gulp.
[Shamail-e-Kubra; vol. 1; page 217]

Reciting Quranic verses & Names of Allah ﷻ on water: -

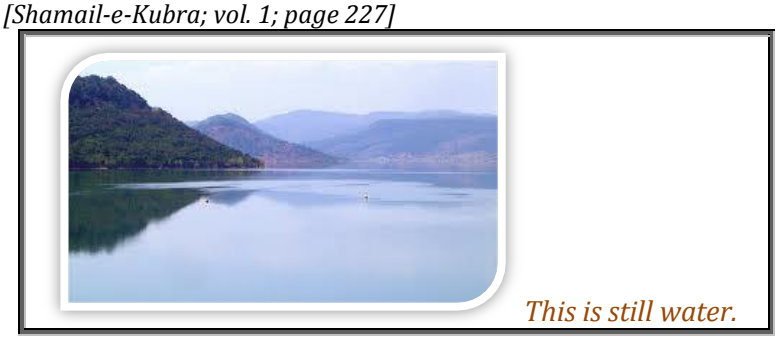
Refer lesson no. 60 Zamzam in part-2, science & Hadees regarding Zamzam column.

The scientist Masaru Emoto & his team of Japan found out that, the Muslims recites *BISMILLAH* before eating / drinking. He says that after saying *BISMILLAH* on regular water, there are some strange changes happened in the quality of regular water. That make it best water.

5. The person who serves others should himself eat or drink last & the eldest should be served first, than serve from right side.
[Shamail-e-Kubra; vol. 1; page 217-218]
6. After drinking water one should recite the following Dua:



Praise is to Allahﷻ who gave us sweet water to drink by His mercy and did not make it bitter due to our wrong doings
[Shamail-e-Kubra; vol. 1; page 238-239]
7. Drinking water after meals is not Sunnah, especially if the water is very hot or very cold as both are harmful.
[Shamail-e-Kubra; vol. 1; page 214]
8. Nabiﷺ said Allahﷻ gets pleased with the person who recites *Al-Hamdulillah* after every morsel of meal & every sip of water.
[Shamail-e-Kubra; vol. 1; page 227]


This is still water.

Scientific benefits: -

1. Water help the kidneys to function properly, helps the liver in metabolism, aids digestion, maintains pH of the body & blood volume, helps in blood circulation, cleans body, removes waste & toxins, cleans & tones the skin, maintain water volume in the body, reduces lipids, cough, phlegm etc, hence there are numerous benefits of water.

Science & Hadees regarding water: -

Whenever we examine the statements of the Prophetﷺ, we should always remember one thing: that Heﷺ was extremely eloquent and concise. Though Hisﷺ words are few, they contain an abundance of knowledge and wisdom. It is important that we learn to take our time contemplating Hisﷺ words, so we can derive as much wisdom from them as possible.

A Brief Explanation: -

A man asked about a particular situation that he and other Muslims had found themselves in. Was it permissible to make *Wudu (wazoo)* from the salty ocean water, while carrying a small amount of water on board? The Prophetﷺ clearly answered the question and more than the man asked. Let's take a look at how he answered the question.

First, Heﷺ could have simply said: "Yes" and the man would have gotten his answer and moved on. However, the Prophetﷺ decided to make a universal statement concerning the purity of saltwater and added details pertaining to the consumption of seafood. Had the Prophet ﷺ only said, "Yes", then it could have been understood that making *Wudu* from saltwater is allowed only under certain circumstances, like when lacking

other clean water or if out at sea. This would have left some ambiguity about the absolute purity of saltwater. Rather, he stated a principle that the water of the ocean was absolutely pure, which means it can be used in making *Wudu*, *ghusl* (ritual washing) *and* cleaning one's self after the restroom. Thus, it became crystal clear that saltwater is always considered pure, regardless of the circumstances.
Secondly, He added that whatever died in the ocean was permissible to eat. So why did He add this information when it was not requested? Prophet may have realized that if people are out at sea and are in need of water, then they would also be in need of food. Hence, He may also have realized that it was in the man's benefit to know that all seafood is permissible to eat and didn't need to be slaughtered to be considered permissible. This shows the Prophet's insight and practicality in imparting knowledge, which although not requested, was valuable to know.

Exhaling in glass while drinking: -

Science shows that exhaling CO2 into a glass of water causes it to react and form carbonic acid that can disturb our internal environment causing a pH change. This, in worse condition, can lead to 'Acidosis' *(a condition where the blood has too much acid (or a very low base) and often causes decreased blood pH)* & also the bacteria present in mouth will go in the drink or food & from the drink or food the bacteria will directly get in the stomach & cause infection.

Reciting Quranic verses & Names of Allah on water: -

Refer lesson no. 60 Zamzam, science & Hadees regarding Zamzam column.

The scientist of Japan Masaru Emoto & his team says that "My Muslim colleague offered to recite Quranic verses over the water. He brought a tape-recorder and played some Quranic verses and we got the most perfectly-shaped crystals. Then he played the 99 names of Allah . Each name produced a uniquely-shaped crystal. Then he began cursing the water. We said: Water, you are impure. You are not suited for consumption. The water, in this case, did not freeze, or produced an extremely ugly crystal." When they uttered bad words like "war" or "fighting," the water did not freeze, or else produced an ugly shape. When the man completed these experiments, which lasted 15 years, he published a five-volume book called Messages from Water. He wrote: "I have proven that water, that peculiar liquid, is capable of thinking, fathoming, feeling, getting excited and expressing itself."
He also found out that if someone recites the Quran on regular water, it gets the ability for the treatment of different diseases.
This scientist Masaru Emoto & his team also found out that, the Muslims recites *BISMILLAH* before eating/drinking. He says that after saying *BISMILLAH* on regular water, there are some strange changes happened in the quality of regular water. That make it best water.

Conclusion of Hadees: -

1. Do not drink water in one large gulp, do not exhale in the drinking vessel, separate the vessel of drinking at each sip, do not drink directly from water skins, do not stand & drink, do not drink from the broken region of the cup.
2. Zamzam can be drank in standing position, drink zamzam in plenty, drink water in 3 breathes, treat fever with water wash or sponge, overnight kept water is beneficial, praise Allah before & after drinking water.
3. If you boil any drinking thing, than reduces the quantity to 1/3 & reduces the 2/3 part by boiling, for kidney problems drink excessively boiled water added with honey.
4. Sea water is pure; one can perform Wazoo from it, do not urinate in still water, nor bath in them after sex.

This lesson has 25 Hadees & 8 conclusions of Hadees for Shamail-e-Kubra

Lesson no. 63 Milk & milk products (اللبن): -

Names

1. *In Quran & Hadees it is called as Laban (اللبن).*
2. *In English it is called as Milk.*
3. *In Urdu & Hindi it is called as doodh.*

Quranic references of Milk: -

Chapter No. 16 (Surah) Nahl verse no. 66: -

وَإِنَّ لَكُمْ فِي الْأَنْعَامِ لَعِبْرَةً ۖ نُسْقِيكُمْ مِمَّا فِي بُطُونِهِ مِنْ بَيْنِ فَرْثٍ وَدَمٍ لَبَنًا خَالِصًا سَائِغًا لِلشَّارِبِينَ ﴿٦٦﴾

And verily! In the cattle, there is a lesson for you. We give you to drink of that which is in their bellies, from between excretions and blood, pure milk; palatable to the drinkers.

Chapter No. 47 (Surah) Muhammed verse no. 15: -

مَثَلُ الْجَنَّةِ الَّتِي وُعِدَ الْمُتَّقُونَ ۖ فِيهَا أَنْهَارٌ مِنْ مَاءٍ غَيْرِ آسِنٍ ۚ وَأَنْهَارٌ مِنْ لَبَنٍ لَمْ يَتَغَيَّرْ طَعْمُهُ ۚ

The description of Paradise which the Muttaqun (pious - see V.2:2) have been promised is that in it are rivers of water the taste and smell of which are not changed; rivers of milk of which the taste never changes;

Chapter No. 23 (Surah) Mu'minoon verse no. 21: -

وَإِنَّ لَكُمْ فِي الْأَنْعَامِ لَعِبْرَةً ۖ نُسْقِيكُمْ مِمَّا فِي بُطُونِهَا وَلَكُمْ فِيهَا مَنَافِعُ كَثِيرَةٌ وَمِنْهَا تَأْكُلُونَ ﴿٢١﴾

And Verily! In the cattle there is indeed a lesson for you. We give you to drink (milk) of that which is in their bellies. And there are, in them, numerous (other) benefits for you, and of them you eat.

Nabi ﷺ's guidance about milk (اللبن) and milk products: -

Milk beloved to Nabi ﷺ: -

1. Hazrat Ibn Abbas رضی اللہ عنہما says that Milk (اللبن) was very much beloved to Nabi ﷺ amongst all drinking substances.

[Abu Nu-aim; Tibbun Nabawi: 745.)]

& Hazrat Abdullah Bin Abbas رضی اللہ عنہما says that Milk (اللبن) was very much beloved to Rasoolullah ﷺ.

[Sharah Sunan Abi Dawud vol. 13; page. 286]

Always cover the vessels: -

2. Hazrat Jabir Bin Abdullah رضی اللہ عنہ says that, once an Ansari, Abu Humaid came from An-Naqi (a place) brought a cup of Milk (اللبن) for Nabi ﷺ (looking at the cup), Nabi ﷺ said, "Will you not cover it even by placing a stick across it.

[Bukhari: 5605 & 5606; Book. 74; English vol. 7; Book. 69; Hadees. 510 & 511]

(Means all the vessels should be covered).

About Paneer: -

3. Hazrat Abdullah Bin Umar رضی اللہ عنہما says, that, once paneer (cottage cheese) was sent to Rasoolullah ﷺ (at the time of Gazwe Tabuk), Rasoolullah ﷺ called for a knife & cut the paneer reciting *Bismillah*.

[Abu Dawud: 3819; Book. 28; English Book. 27; Hadees. 3810]

Always gargle after drinking Milk & Avoid milk fats: -

4. Hazrat Ibn Abbas رضی اللہ عنہما says that Nabi ﷺ use to drink Milk & use to gargle (His mouth) with water & further said that it contains fats.

[Bukhari: 5609; Book. 74; English vol. 7; Book. 69; Hadees. 514]

Milk & Water mixed & used: -

5. Narrated by Anas Bin Malik رضی اللہ عنہ that he saw Nabi ﷺ drinking milk, Nabi ﷺ went to his house & he milked a sheep & mixed it with water from the well of Nabi ﷺ, Nabi ﷺ toke the bowl & drank, on the left Abu Bakr رضی اللہ عنہ was sitting & at right a Bedouin was sitting, Nabi ﷺ gave the remaining milk to the right one & said "the right! The right (first)

[Bukhari: 5612 & 5619 Book. 74; English vol. 7; Book. 69; Hadees. 516 & 523]

6. Narrated by Az-Zuhri that Anas Bin Malik رضی اللہ عنہ said, that once a domestic sheep was milked for Nabi ﷺ while he was in the house of Anas Bin Malik رضی اللہ عنہ. The milk was mixed with water drawn from the well in Anas's house. A

tumbler of it was presented to Nabiﷺ who drank from it. Abu Bakrؓ was sitting on his left side and a bedouin on his right side. When Nabiﷺ removed the tumbler from His mouth, Umarؓ was afraid that Nabiﷺ might give it to the bedouin, so he said Oh! Nabiﷺ give it to Abu Bakrؓ who is sitting by your side." But Nabiﷺ gave it to the bedouin, who was to his right and said, "You should start with the one on your right side."
[Bukhari: 2352; Book. 42; English vol. 3; Book. 40; Hadees. 542]

7. Narrated by Umm Al-Fadl رضی اللہ عنہا, daughter of Al-Hariz that she sent a bowl of milk to Nabiﷺ at Arafaat in afternoon on Arafaat day, Nabiﷺ was sitting on the back of camel, toke it & drank it.
[Bukhari: 5618; Book no. 74; English vol no 7; Book 69; Hadees no. 522]

Recite the following Dua after drinking Milk: -

Merits of Milk: -

8. Narrated from Ibn Abbas رضی اللہ عنہما that Nabiﷺ said: "Whoever is given food by Allahﷻ, let him say:

اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَارْزُقْنَا خَيْرًا مِنْهُ

O Allahﷻ, bless it for us and provide us with something better than it
And whoever is given milk to drink let him say:

اَللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ

O Allahﷻ, bless it for us and give us more of it) for I do not know of any food or drink that suffices, apart from milk.
[Ibn Ma-jah: 3322; Book. 29; English vol. 4 Book. 29, Hadees. 3322. ***This Hadith is graded as Da-if (zaif) by Darussalam.****]*

9. Narrated by Abu Hurairahؓ that Nabiﷺ said that the best object of charity is milk of the camel & she goat which gives birth recently & gives plenty of milk (colostrum) & the milk (colostrum) is given to somebody one bowl morning & one evening.
[Bukhari: 5608; Book. 74; English vol. 7; Book. 69; Hadees. 513.]
(Colostrum is milk which comes immediately after birth for the first 2 or 3 days, in animals or human)

Milk on Mehraaj (night journey): -

10. Hazrat Anas Bin Malikؓ says that Rasoolullahﷺ was given 3 cups, at the night of Mehraaj (journey from Makkah to Jerusalem to Heavens) 1st cup contained Milk, 2nd had honey & 3rd had Wine in it, Rasoolullahﷺ looked at them & then took the cup of Milk, to this Jibrail said to Nabiﷺ that "You & your followers will remain on the right path". *[Bukhari: 5610 Book no. 74; English vol. 7; Book. 69; Hadees. 514]*

11. Narrated Ibn Umar رضی اللہ عنہما that Nabiﷺ said: "There are three that are (should) not refused, Cushions, (Duhn) fragrance and milk".
[Tirmizi: 3020; Book. 43, English vol. 5; Book. 41, Hadees. 2790]

About drinking from the broken side of cup not allowed: -

12. Hazrat Abu Saeed Khudri ؓ says that Nabiﷺ disallowed drinking from the chipped (broken) side of cup and breathing in the drink".
[Abu Dawud: 3722; Book. 27; English Book. 26; Hadees. 3713]

About wooden cup: -

13. Narrated by Anasؓ that Ummе Sulaim رضی اللہ عنہا had a wooden cup & she said she gave Nabiﷺ all kinds of things to drink in it (water, honey, Nabiz).*[An-Nasa'i: 5753; Book. 51; English vol. 6 Book. 51, Hadees. 5756]*

Avoid drinking milk of dirty animals: -

14. Narrated Abdullah Ibn Umar رضی اللہ عنہما that Nabiﷺ prohibited eating the animal which feeds on filth and drinking its milk.
[Abu Dawud: 3785; Book. 28; English Book. 27; Hadees. 3776]

15. Narrated by Abdullah Ibn Umar رضی اللہ عنہما that Nabiﷺ forbade riding the camel which feeds on filth and drinking its milk.
[Abu Dawud: 3787; Book. 28; English Book. 27; Hadees. 3778]

16. Hazrat Salman Farsiؓ says that Nabiﷺ has allowed eating paneer & ghee *(It is a long Hadees).*
[Ibn Ma-jah: 3367; Book. 29; English vol. 4; Book. 29, Hadees. 3367]
(Hasis was favorite of Nabi ﷺ)

About Hasis (Hais) (a sweet dish): -

17. Narrated by Hazrat Anas Bin Malikؓ that Nabiﷺ married Hazrat Safiya رضی اللہ عنہا & called people for a feast (as dawat e valima) & served people with Hais, (Hasis) on a piece of leather.
[Bukhari: 5387; Book 70; English vol. 7; Book. 65; Hadees. 299]
Hais (Hasis) is a sweet dish (halwa) prepared from Tamar (تمر) dates, milk, jaw (barley), ghee, paneer etc.

Cow Milk, a remedy for diseases: -

18. Hazrat Abdullah Bin Masoodؓ says that Rasoolullahﷺ said that Allah ﷻ has created remedies for all diseases & drink cow milk because cow feeds herself by eating all types of grasses & plants.
[Kanz al-Ummal: 28212]

19. Hazrat Abi Abdullah Bin Masood رضی اللہ عنہ says that Rasoolullah ﷺ said treat your diseases with cow milk because Allah ﷻ has kept Shifa (شفاء) (cure) in it, because cow feeds herself by all types of grasses & plants. *[Tabrani: 9788]*

Cow Milk & its ghee the best medicine, but its meat is disease: -

20. Hazrat Mulaika Bint Amr رضی اللہ عنہا says: Rasoolullah ﷺ said: There is cure in Cow milk, its ghee/ butter is beneficial, but its meat is disease. *[Abu Nu-aim: 858]*

21. Hazrat Abdullah Bin Masood رضی اللہ عنہ says that Nabi ﷺ said: "For your benefit, cow milk (اللبن) is present, its Milk (اللبن) & Ghee are best medicine, but its meat has diseases". *[Abu Nu-aim: 858]*

About camel's milk & its benefits: -

22. Hazrat Tariq Bin Sahab رضی اللہ عنہ says: Rasoolullah ﷺ said: For you (she) camel's milk is very much helpful, she feeds herself with all types of grasses & plants, & there is cure for all diseases (شفاءمن کل داء) in it".

[Jamiul Hadees vol. no. 14; page no. 269]

23. Narrated by Hazrat Anas رضی اللہ عنہ that Nabi ﷺ advised some people from Urainah to use camel's milk (اللبن) & its urine for DHARIBAH (an abnormal fluid collection in abdomen) (ascities). *(It is a part of a long Hadees). [Tirmizi: 1845; Book. 25; English vol. 3 Book 23, Hadees. 1845]*

Nabi ﷺ was breast feed by: -

24. The respected Nabi ﷺ was breastfeed by Hazrat Aminah Bint Wahb (mother of Prophet ﷺ); also by Halima Al Sadiyah رضی اللہ عنہا and also by Thuwaybah (she was a freed slave woman).

[Healing with Medicine of Prophet ﷺ by: Imam Ibn Qayyim Al-Jauziyah]

Duration of breast feeding: -

In Quran it is mentioned that period for breastfeeding is up to 2 years.

Chapter No. 2 (Surah) Baqarah verse no. 233:-

وَالْوَالِدٰتُ يُرْضِعْنَ اَوْلَادَهُنَّ حَوْلَيْنِ كَامِلَيْنِ لِمَنْ اَرَادَ اَنْ يُّتِمَّ الرَّضَاعَةَ ؕ وَعَلَى الْمَوْلُوْدِ لَهٗ رِزْقُهُنَّ وَكِسْوَتُهُنَّ
بِالْمَعْرُوْفِ ؕ لَا تُكَلَّفُ نَفْسٌ اِلَّا وُسْعَهَا ۚ لَا تُضَآرَّ وَالِدَةٌۢ بِوَلَدِهَا وَلَا مَوْلُوْدٌ لَّهٗ بِوَلَدِهٖ ۚ وَعَلَى الْوَارِثِ مِثْلُ
ذٰلِكَ ۚ فَاِنْ اَرَادَا فِصَالًا عَنْ تَرَاضٍ مِّنْهُمَا وَتَشَاوُرٍ فَلَا جُنَاحَ عَلَيْهِمَا ؕ وَاِنْ اَرَدْتُّمْ اَنْ تَسْتَرْضِعُوْٓا اَوْلَادَكُمْ
فَلَا جُنَاحَ عَلَيْكُمْ اِذَا سَلَّمْتُمْ مَّآ اٰتَيْتُمْ بِالْمَعْرُوْفِ ؕ وَاتَّقُوا اللّٰهَ وَاعْلَمُوْٓا اَنَّ اللّٰهَ بِمَا تَعْمَلُوْنَ بَصِيْرٌ ﴿۲۳۳﴾

The mothers shall give suck to their children for two whole years, (that is) for those (parents) who desire to complete the term of suckling, but the father of the child shall bear the cost of the mother's food and clothing on a reasonable basis. No person shall have a burden laid on him greater than he can bear. No mother shall be treated unfairly on account of her child, or father on account of his child. And on the (father's) heir is incumbent the like of that (which was incumbent on the father). If they both decide on weaning, by mutual consent, and after due consultation, there is no sin on them. And if you decide on a foster suckling-mother for your children, there is no sin on you, provided you pay (the mother) what you agreed (to give her) on reasonable basis. And fear Allah ﷻ and know that Allah ﷻ is All-Seer of what you do.

Content of milk: -

Fats, protein, sodium, calcium, potassium, magnesium, starch, prostaglandin, water, vitamin B1, B2, B12,vitamin C, D, E etc.

Content of breast milk: -

Proteins, water, casein, a-lactalbumin, lactoferrin, IgA, IgG, lysozyme, serum albumin, b-lactoglobin, carbohydrates, lactose, oligosaccharides, calcium, phosphorus, sodium, potassium, chlorine etc.

Scientific benefits of milk: -

1. Milk strengthens the bones, teeth, it is good for liver function, it contains lactose in it, which prevents the absorption of many substances in intestine which could cause liver diseases and is good for nerves.

2. It built muscles, it is a good alkalizing agent, it is most nutritive food on earth and it gives necessary energy to the body, Prostaglandins in it, protects & prevents gastric ulcers formation, & reduces pain & inflammation.

3. Proteins found in milk, are not present in any other food substances, Milk mixed with water is very helpful in acidity, best if taken with honey (It is Sunnah).

Science & Hadees regarding milk: -

1. Dr. Hisham Al-Khateeb's research states that milk is the only food which contains all the basic substances needed by human body. The best time to drink milk is early morning.

2. In the book of Food & Nutrition (1989 edition) stated that Milk is regarded as the most nutrient food on earth. In 1985, the famous medical journal The Lancet published a study by Dr. Garland of California University in the United States, He studied the food consumed by 1000 human over a period of 20 years & found that those

who drank milk 2 & half cup daily were far less likely to get colon cancers than those who did not drank milk. And he advised to drink milk 2 to 3 cups a day.
3. One study from Japan states that drinking milk reduces risk of stomach cancers & also it is well known milk reduces pain due to ulcers.
4. Scientist of New York states that milk contains Prostaglandin which protects us for getting ulcers.
5. As Milk was beloved to Nabi ﷺ & many Statement of Him ﷺ explain milk as best food you can judge by above Hadees.

Article by Dr. Ahlaam on camel's milk & urine: -

Camel's urine is efficacious in the treatment of skin diseases such as ringworm, tinea and abscesses, sores that may appear on the body and hair and dry and wet ulcers. Camel's urine brings the secondary benefits of making the hair lustrous, thick and removing dandruff from the scalp. Camel's milk is also beneficial in treating hepatitis, even if it has reached an advanced stage where medicine is unable to treat it.

In the al-Jazeerah al-Sa'oodiyyah newspaper *(issue no. 10132, Rabee' al-Awwal 1421 AH)* there is a quotation from the book Al-Ibl Asraar wa i'jaaz (The camel: secrets and wonders) by Darmaan ibn 'Abd al-'Azeez Aal Darmaan and Sanad ibn Mutlaq al-Subay'i:

As for camel's urine, the book suggests that it has numerous uses which are beneficial for man. This is indicated by the Prophetic texts and confirmed by modern science. Scientific experiments have proven that camel's urine has a lethal effect on the germs that cause many diseases.

Among the uses of camel's urine, many women use it to wash their hair, to make it longer and to make it lighter and more lustrous. Camel's urine is also efficacious in the treatment of swelling of the liver and other diseases such as abscesses, sores that appear on the body and toothache and for washing eyes.

Prof. Dr. 'Abd al-Fattaah Mahmoud Idrees says: With regard to the benefits of camel's urine in treating disease, Ibn Seena said in his Rules: The most beneficial of urine is the urine of the Bedouin camels known as najeeb. Camel's urine is beneficial in treating al-hazaaz and it was said that al-hazzaz is a pain in the heart caused by anger and so on. Camel's urine, especially the urine of a young she-camel – is used as a cleansing substance to wash wounds and sores, to make the hair grow, to strengthen and thicken it and to prevent it falling out and it is used to treat diseases of the scalp and dandruff. In a Master's thesis by an engineer in applied chemistry, Muhammad Awhaaj Muhammad, that was submitted to the faculty of applied chemistry in the al-Jazeerah university in Sudan and approved by the Dean of science and postgraduate studies in the university in November 1998 CE, entitled A Study of the Chemical Composition and Some Medical Uses of the Urine of Arabian Camels, Muhammad Awhaaj says:

Laboratory tests indicate that camel's urine contains high levels of potassium, albuminous proteins and small amounts of uric acid, sodium and creatine.

In this study, he explained that what prompted him to study the medicinal properties of camel's urine was what he had seen of some tribesmen drinking this urine whenever they suffered digestion problems. He sought the help of some doctors in studying camel's urine. They brought a number of patients and prescribed this urine for them, for a period of two months. Their bodies recovered from what they had been suffering from, which proves the efficacy of camel's urine in treating some diseases of the digestive system.

It also proves that this urine is useful in preventing hair loss. He says: -

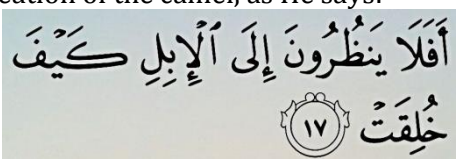
Camel's urine acts as a slow-acting diuretic, but it does not deplete potassium and other salts as other diuretics do, because camel's urine contains a high level of potassium and proteins. It has also been proven to be effective against some types of bacteria and viruses. It brought about an improvement in the condition of twenty-five patients who used camel's urine for dropsy, without disrupting their potassium levels. Two of them were cured of liver pain and their liver function was restored to normal levels, as well as the tissue of the liver being improved. One of the medicines used to treat blood clots is a compound called Fibrinoltics which works by changing a substance in the body from its inactive form, Plasminogen, to its active form, Plasmin, in order to dissolve the substance that causes clotting, Fibrin. One of the components of this compound is called Urokinase, which is produced by the kidneys or from the urine, as indicated by the name "uro".

The dean of the Faculty of Medical Science in the Sudanese al-Jazeerah university, *Professor Ahmad 'Abd-Allah Ahmadani*, discovered a practical way of using camel's urine to treat dropsy and swelling in the liver. Its success has been proven in treating those who are affected by these diseases. He said in a seminar organized by the Al-Jazeerah University:

The experiment began by giving each patient a daily dose of camel's urine mixed with camel's milk to make it palatable. Fifteen days after the beginning of the experiment, the patients' stomachs grew smaller and went back to their normal size.

He said that he examined the patients' livers with ultrasound before the study began and he found out that the livers of fifteen out of the twenty-five were in a cirrhotic state and some of them had developed cirrhosis of the liver as the result of bilharzia (a chronic disease, endemic in parts of Africa and South America, caused by infestation with blood flukes (schistosomes). All of the patients responded to treatment with camel's urine and some of them continued, by their own choice, to drink a dose of camel's urine every day for a further two months. At the end of that time, they were all found to have been cured of cirrhosis of the liver. He said: Camel's urine contains a large amount of

potassium, as well as albumen and magnesium, because the camel only drinks four times during the summer and once during the winter, which makes it retain water in its body so as to preserve the sodium and the sodium causes it not to urinate a great deal, because it keeps the water in its body.
He explained that dropsy (swelling of soft tissue with fluid collection) results from a deficiency of albumen or potassium and the urine of camels in rich in both of these.
He suggested that the best types of camels for using the urine as a remedy are young camels.
Dr.Ahlaam al-'Awadi, a specialist in microbiology in the Kingdom of Saudi Arabia, supervised some scientific papers that dealt with her discoveries in the usage of camel's urine for medical treatment, such as the papers by 'Awaatif al-Jadeedi and Manaal al-Qattaan. During her supervision of the paper by Manaal al-Qattaan, she succeeded in confirming the effectiveness of using a preparation made from camel's urine which was the first antibiotic produced in this manner anywhere in the world. Concerning the features of this new product, Dr. Ahlaam said:
It is not costly and it is easy to manufacture. It can be used to treat skin diseases such as eczema, allergies, sores, burns, acne, nail infections, cancer, hepatitis and dropsy (swelling of soft tissue with fluid collection) with no harmful side effects.
And she said:
Camel's urine contains a number of healing factors such as antibiotics (bacteria that are present in it, salts and urea). The camel possesses an immune system that is highly equipped to combat funguses, bacteria and viruses, because it contains antibodies. It may also be used to treat blood clots and fibrinolytics may be derived from it and it may be used to treat dropsy (swelling of soft tissue with fluid collection) (which is caused by a deficiency in albumen and potassium, as camel's urine is rich in both). Camel's urine may also provide a remedy for abdominal complaints, especially those of the stomach and intestines, as well as asthma and shortness of breath. It caused a noticeable reduction in patients' sugar levels. It is a remedy for low libido and it aids in bone growth in children and in strengthening the heart muscles. It may be used as a cleansing agent for cleaning wounds and sores, especially the urine of young she-camels. It also helps the hair to grow and become strong and thick and it helps to prevent hair loss and baldness and can be used to treat dandruff. Camel's urine may also be used to combat disease by using bacteria extracted from it. It was used to treat a girl who was suffering from an infection behind the ear that was accompanied by pus weeping from it and painful cracks and sores. It was also used to treat a girl who was unable to extend the fingers of her hands because of the presence of so many cracks and sores and whose face was almost black with pimples. Dr. Ahlaam said:
Camel's urine may also be used to treat the digestive system and to treat some cases of cancer. She stated that the research that she had undertaken on camel's urine proved that it was effective in destroying micro-organisms such as fungus, yeast and bacteria.
Dr. Rahmah al-'Ulyaani, who is also from Saudi Arabia, carried out tests on rabbits infected with bacteria in the colon. She treated each group of rabbits with a different kind of medicine, including camel's urine. There was a noticeable regression in the rabbits that were treated with other medicines, except for camel's urine, which brought about a clear improvement.
Majallat al-Jundi al-Muslim, issue no. 118, 20 Dhu'l-Qa'dah 1425 AH; 1 January 2005 CE.
Allah ﷻ calls upon us to ponder the creation of the camel, as He says:



Do they not look at the camels, how they are created?"
[Chapter No. 88 (Surah) Al-Ghaashiyah verse no. 17]
This pondering is not limited to the outward form of the camel, or even to the inner workings of its body, rather it also includes that which we have discussed here, which is the benefits of the urine and milk of the camel. Modern scientific research is still discovering for us many of the wonders of this creature.

Conclusion: -

1. Nabi ﷺ liked milk, always gargle with water after drink milk, always cover all vessels, drink milk & water mixed, eat paneer & ghee, praise Allah ﷻ after drinking milk, Nabi ﷺ had a wooden cup to drink, Nabi ﷺ like Hasis *(a sweet dish made for dates, milk, barley, paneer, ghee etc).*
2. Milk is among the best charity drink; do not refuse it, do not drink from the broken region of the cup. Do not drink milk of animals nor ride on the animals, which eat dirty stuffs. Cow milk & she camel's milk are the best for treatment.

…….This lesson has 24 Hadees…….

1 POTENT ANTIOXIDANT
A 2010 study in the journal of Food and Chemical Toxicology found that myrrh could protect against liver damage due to its high antioxidant capacity. Although this particular study was conducted with rabbits, there is some potential for uses in humans also.
2 ANTI-CANCER BENEFITS
Myrrh has also been found to have anti-cancer benefits. A 2011 found that myrrh was able to reduce the proliferation or replication of human cancer cells. Researchers found that myrrh inhibited growth in eight different types of cancer cells, specifically gynecological cancers. Although further research is needed to determine exactly how to use myrrh for cancer treatment, this initial research is promising.
3 ANTI-BACTERIAL AND ANTI-FUNGAL BENEFITS
Historically, myrrh was used to treat wounds and prevent infections. It can still be used in this manner on minor skin irritations such as athlete's foot, ring worm, and acne. Apply a few drops to a clean towel first before applying it directly to the skin.
4 ANTI-PARASITIC
A medication has been developed using myrrh as a treatment for fascioliasis infection, a parasite that has been infecting humans worldwide. This parasite is generally transmitted by ingesting aquatic algae and other plants.. A medication made with myrrh was able to decrease symptoms of the infection, as well as a drop in parasite egg count found in the feces.
5 SKIN HEALTH
Myrrh can help maintain healthy skin. It can help soothe chapped or cracked skin. It is commonly added to skin care products to help with moisturizing and also for fragrance. Ancient Egyptians used it to prevent aging and maintain healthy skin.
6 RELAXATION
Myrrh is commonly used in aromatherapy for massages. It can also be added to a warm bath or applied directly to the skin.
Dr. Axe
FOOD IS MEDICINE

Lesson no. 64 Benzoin (Loban) (اللبان): -

Dried Loban

Loban Tree

Names

1. In Hadees it is called as Loban (اللبان).

2. In Latin it is called as Styrax benzoin.

3. In Sanskrit it is called as Loban.

4. In English it is called as Benzoin.

5. In Marathi it is called as Uud.

6. In Hindi & Urdu it is called as Loban.

Introduction: -

Loban (اللبان) is resin (gum) of Lobaan tree; it is extracted by making an incision on the stem or bark of the Lobaan tree. The gum is collected, dried, sold & used.

Nabiﷺ's guidance about it: -

Arabic words written in below references are the words mentioned in respected Hadees.

Fumigate your houses: -

1. Hazrat Abdullah Bin Jafar ﷺ narrates that Nabi ﷺ said: "Fumigate your houses with Loban (اللبان) (benzoin) & Al-Sheeh" (الشيح) (cress).

[Shoabul Imaan: 5679]

2. Nabi ﷺ said: "Fumigate your houses with Loban & Sau'atar (الصعتر).

[Zaadul Maa'd page no. 387]

(Refer Lesson no. 54 Sau'atar) (It is thymes genus plant). (Refer Lesson no. 44 Cress) in part-2 (Al-Sheeh is dried leaves of Cress).

Contents of it: -

Benzoic acid, Gunamic acid, Aniline, Volatile oil.

Scientific benefits: -

1. It is an excellent repellent for insects or mosquitoes, useful in diarrhea, digestion, it heals wounds & ulcers.
2. It is good expectorant, reduces phlegm, gargle with Loban & Sau'atar relieves inflammation of throat, relieves cold, cough, toothache, urinary disorders, tuberculosis & respirative disorders.
3. It increases memory, appetite, libido, tones the heart & stomach, also it is a good haemostatic agent, anti-septic, anti-fungal, anti-bacterial & good for healing of wounds & ulcers.

Science & Hadees regarding fumigation: -

To fumigate our houses keeps the house free from pest, harmful insects, mostiques, flies & microorganism & it is the most natural & safe procedure. It also removes stress, calm the mind.

Conclusion of Hadees: -

1. Fumigate your houses with Lobaan along with cress dried leaves & saatar. *.....This lesson has 2 Hadees.....*

Lesson no. 65 Indian Bdellium Gum (Guggul) (الكندر): -

Dried Guggul

Fresh gum

Guggul plant

Names

1. In Hadees it is called as Kandar (الكندر).
2. In Sanskrit it is called as Guggulu.
3.In English it is called as Indian Bdellium tree.
4. In Latin it is called as Commiphora Mukul or Commiphora wightii.
5. In Hindi it is called as Guggul.

Introduction: -

It is a flowering plant; all parts of it are used, but especially resin (gum) of it is used.

Nabi ﷺ's guidance about Guggul (الكندر): -

Guggul for weak Memory: -

1. Hazrat Anas Bin Malik ﷺ says that they were in Nabi ﷺ's company, one person came & complaint about his weak memory (النسیان) to Nabi ﷺ & He ﷺ replied: "Take Kandar (الکندر) (Guggul), soak it in water, overnight & drink this water at morning empty stomach because it is best for Nisyaan (النسیان) (lack of memory).

[At-Tibb Al-Nabawi (Al-Jawzi) vol. 1; page. 294]

Guggul for weak memory & urinary problems: -

2. Hazrat Abdullah Bin Abbas رضی اللہ عنہما says that Nabiﷺ drank Kandar (الکندر) (Guggul) water mixed with sugar (السکر) at morning empty stomach & said that it removes urinary problems & it is best for Nisyaan (النسیان) (weak or lack of memory).

[At-Tibb Al-Nabawi (Al-Jawzi) vol. 1; page. 294]

Content: -

Guggulsterone, magnesium, iron, silica, aluminum, Balsum, tola etc.

Scientific benefits: -

It lowers lipids, cholesterol, triglycerides, improves Insulin production & helps in controlling diabetes, helps in arthritis, sciatica, gouts & inflammatory diseases. Reduces hardening of arteries, (atherosclerosis), acne, & skin problems, reduces weight, tumors, ulcers, sores, tones the heart & is also helpful in urinary problems, worms, seizures (convulsion) etc.

Science & Hadees regarding Guggulu: -

Guggulu has anti-bacterial activity so helpful in urinary problems & it is mostly lipid soluble & helpful in weak memory.

Modern medical investigations have shown that the gum-oleoresin & guggulu are beneficial in cases of rheumatoid arthritis, asthma & ulcerative colitis with no side effects as & are drugs of choice. They improve blood supply to the joints & restore integrity of vessels weakened by spasm. According to a review of unpublished studies, preliminary double-blind trials have found Lobaan & guggulu effective in relieving the symptoms of rheumatoid arthritis. Two placebo controlled studies, involving a total of 81 individuals with rheumatoid arthritis, reported significant reductions in swelling & pain over the course of 3 months.

In one study conducted at the Government Medical College in Jammu, India, nearly 60 percent of arthritic patients tested experienced good to excellent results against stiffness & pain. Over three-quarters of the patients in the study were either bedridden or incapacitated from doing normal work. Within two to four weeks after starting on Guggulu extract, they reported a lessening of morning joint stiffness, pain & improved grip strength.

In another study of 26 patients suffering from arthritic, dramatic improvement was experienced within four weeks. A German review published in 2002 documents the effectiveness of boswellic acids (key active ingredient) in treating arthritis, chronic ulcerative colitis, Crohn's disease, bronchial asthma & reactive swelling around a brain tumour, as shown by clinical trials.

Experimental & clinical usage of Lobaan & guggulu indicates that they have no side effects on blood pressure, heart rate, gastric irritation & ulcers associated with many anti-inflammatory & anti-arthritic drugs. It is now an approved herbal medicine in India for use against osteoarthritis, rheumatoid arthritis, soft tissue rheumatism, low back pain, myositis & fibrositis.

Animal studies have suggested that both reduce cholesterol & triglyceride levels in the blood. In other controlled human studies, it was shown to decrease the duration of bronchial asthma, possibly by blocking formation of the chemicals that cause the blood vessels to contract. Also has shown to be effective in epilepsy.

One rat study showed the Guggulsterone Z, at a dose of 10mg/kg bodyweight, increased iodine uptake & metabolic activity of the thyroid gland. The mechanisms of action of guggulsterone Z in this regard is unlike Thyroid-Stimulating Hormone & is not a pituitary mediated. It was shown (again, at 10mg/kg bodyweight) to increase serum T3 & T4 levels. (It should be noted that this dose is much higher than what is customarily used in herbal supplements).

Conclusion of Hadees: -

Use Guggul in urinary problems & weak memory, soak in little water overnight & drink the water in morning empty stomach.*……This lesson has 2 Hadees……*

Lesson no. 66 Mor (Mur) (Mur Makki) (المر): -

Mur Gum

Names

1. In Hadees & Arabic it is called as Mur (المر).
2. In Hindi it is called as Bol, Bolam, Hirabol, Polam.
3. In Sanskrit it is called as Gars Gandha.
4. In Latin it is called as Commiphora myrrh.
5. In English it is called as Mor.

Introduction: -

It is called as Mur (المر) in Arabic, the word Mur (المر) means bitter, it is a gum of a myrrh tree & the gum is called as Myr. (المر) Its oil is very famous & called as Oleoresin. It is very famous of Makkah, so it is called as Mur Makki.

Nabiﷺ's guidance about Mur: -

Fumigate your houses: -

1. Hazrat Abdullah Bin Jafar ﷺ says that Nabi ﷺ said "Fumigate your house with Al-Sheeh (الشيح), Mur (المر), & Sau'atar (الصعتر) (saatar).

[Shobul Imaan: 5679]

Al-Sheeh (الشيح) according to many scholars is dried leaves of Cress (refer Lesson no. 44 Cress) Sau'atar (الصعتر) (saatar) is thymes (refer Lesson no. 54 Sau'atar (الصعتر) in part-2.

Content of it: -

Benzyl Benzoate, Benzyl Cinnamagte, Cinnamic acid, Vanilin, Tolure Cinotannol, Curzerene, Furanoendesma, Diene, Beta elemene, Acetyl Epoxyaermacra, Tetraene, Isomer

Scientific benefits of it: -

1. It is anti-microbial, suppresses cough.
2. Acts as a local anesthetic agent & anti-itching.
3. Reduces sprain, pain, swelling, inflammation.
4. It is a tropical vasodilating agent, perspiration & diuretic agent.
5. Can be inhaled for bronchitis etc.
6. Relieves pain, itching, fungal infections, cold sores, hemorrhoids (piles), warts etc.

Science & Hadees regarding Mur: -

It is anti-bacterial, anti-fungal, anti pest etc can be used for fumigation or oral uses. It has been used as an astringent, antiseptic, anti-parasitic, anti-missive, emmenagogue & antispasmodic agent. It was commonly included in mixtures used to treat worms, wounds & sepsis. In Hadees it is mentioned to fumigate with it & it has been found that it is very helpful in fumigation.

Conclusion of Hadees: -

1. Fumigate the houses with it along with Cress dried leaves & Saatar.....*This lesson has 1 Hadees.....*

MYRRH
Powerful antioxidant
Apply on the vitaflex points or on location.
A very thick oil. Use a bit of lemon oil to loosen cap if it dries up.
Skin
wrinkles
chapped
cracked skin
Dilute this thick oil with veg oil like grapeseed.
Mouth
canker sore
tooth & gum infection
Mix 1 drop in water then gargle. May also use to brush teeth.

Lesson no. 67 Camphor (Kaafur) (الكافور): -

Names

1. *In Hadees, Arabic & Quran it is called as Kaafur (الكافور).*
2. *In Sanskrit it is called as Karpura.*
3. *In Hindi & Urdu it is called as Kafur.*
4. *In Latin it is called as Cinnamomum camphora.*

Introduction: -

It is made from distilling the bark of camphora tree, this is natural form & also it is made biosynthetically by using chemicals. But natural form is the best to use medically.
It is a waxy, flammable, white or transparent solid substance with aromatic odour, it is a terpenoid found in the woods of Camphora laurel or Cinnamomum camphora (an ever green tree).

Quranic reference of Kaafur: -

Chapter No. 76. (Surah) Dahr verse no. 5: -

إِنَّ الْأَبْرَارَ يَشْرَبُونَ مِن كَأْسٍ كَانَ مِزَاجُهَا كَافُورًا ۝٥

Verily, the Abrar (pious, who fear Allahﷻ and avoid evil), shall drink a cup (of wine) mixed with water from a spring in Paradise called Kafur.

Nabiﷺ's guidance about Kaafur: -

Apply Kaafur on dead Body: -

1. Hazrat Umme Atiya رضی اللہ عنہا says that one daughter of Rasoolullah ﷺ died & Rasoolullah ﷺ told us to give bath to His daughter's body with sidr (water) for odd numbers of time 3 or 5 or more times if you think necessary, & lastly apply Kaafur (الكافور) or anything made from Kaafur & when you finish inform me. He gave His waist cloth to us (to shroud her). We entwined the hairs in braids & made them fall at her back. *[Bukhari: 1263; Book. 23; English vol: 2; Book. 23; Hadees. 353.] According to Bulugh Al-Muram: 544; Book no, 3, English Book. 3; Hadees. 568. That daughter was Hazrat Zainab رضی اللہ عنہا.*

Content of it: -

The main chemical components are a-pinene, camphene, b-pinene, sabinene, phellandrene, limonene, 1, 8-cineole, y-terpinene, p-cymene, terpinolene, furfural, camphor, linalool, bornyl acetate, terpinen-4-ol, caryophyllene, borneol, piperitone, geraniol, safrole, cinnamaldehyde, methyl cinnamate & eugenol.

Scientific benefits of it: -

1. It is anti-microbial, suppresses cough.
2. Acts as a local anesthetic agent & anti-itching.
3. Reduces sprain, pain, swelling, inflammation.
4. It is a tropical vasodilating agent, perspiration & diuretic agent.
5. Can be inhaled for Bronchitis etc.
6. Relieves pain, itching, fungal infections, cold sores, hemorrhoids (piles) warts etc.

Science & Hadees regarding Kaafur: -

Camphor is also used as an antimicrobial substance. In embalming, camphor oil was one of the ingredients used by ancient Egyptians for mummification. Embalming is the art & science of preserving human body or body parts by treating them with chemicals to forestall decomposition. The intention is to keep them suitable for public display at a funeral, for religious reasons or for medical & scientific purposes such as their use as anatomical specimens. The three goals of embalming are sanitization, presentation & preservation (or restoration). Embalming has a very long & cross-cultural history, with many cultures giving the embalming processes a greater religious meaning.

Conclusion of Hadees: - Use it to apply on dead bodies after giving bath to the death body.*.....This lesson has 1 Hadees.....*

Lesson no. 68 Mushroom & Truffles (Kamaat) (الكمأة): -

Mushroom

Truffles

Names of Truffles

1. In Hadees it is called as Kamaat (الكمأة).
2. In Hindi it is called as Kukuramutta (Means can be eaten).
3. In English it is called as Earthnut & Truffles.
4. In Urdu it is called as Khumbi.

Names of Mushroom

1. In Arabic it is called as Fatar (فطر).
2. In Urdu it is called as Khambi, Kullah bazan, Saap ki Chhatri, Futr.
3. In English it is called as Mushroom.

Introduction: -

Kamaat (الكمأة) mentioned in Hadees, according to many scholars is Truffles. But many scholars believe that Kamaat (الكمأة) is Mushroom. Both come under the topic of Kamaat (الكمأة). Truffles seem to be more proper than Kamaat mentioned in Hadees. There are many types of Mushrooms & truffles. Both are products of fungus. It is said in Hadees that they are among *MANN* means a blessings, may be because it grows by itself & do not needs human efforts.

Truffles: -

They are fruit like edible (eatable) thing, but are not fruits, products of Ascomycete Fungus that grows beneath the surface of ground to a depth of 30 cm. & forms colonies, grow near the root of trees & has round, fleshy, soft, even, smooth surfaced or speckled surfaced & its colour varies from gray, brown or blackish. They are similar to potatoes. They are common in Arabia, Syria, Egypt, France & Italy. They have a different peculiar smell. They are more found in rainy season. But they are neither plants nor fruits. There are many types of Truffles & all are very expensive.

Mushrooms: -

They are fleshy, spore-bearing fruiting body of a fungus, typically produced above ground on soil or on its food source. The standard name "mushroom" is for the cultivated white button mushroom, Agaricus bisporus, They have a stem (stipe), a cap (pileus) & gills (lamellae, sing. lamella) or pores on the underside of the cap. These pores or gills produce microscopic spores that help the fungus spread across the ground or its occupant surface. "Mushroom" describes a variety of gilled fungi, with or without stems & the term is used even more generally, to describe both the fleshy fruiting bodies of some Ascomycota & the woody or leathery fruiting bodies of some Basidiomycota, depending upon the context of the word. Forms deviating from the standard morphology usually have more specific names, such as "puffball", "stinkhorn" & "morel" & gilled.

Prophet ﷺ's guidance about Kamaat (الكمأة): -

Arabic words written in below references are the words mentioned in respected Hadees.

Kamaat a blessing thing & cure for eye diseases: -

1. Hazrat Saeed Bin Zaid ﷺ says that Nabi ﷺ said Kamaat (الكمأة) is among Mann (a blessing thing) (المن), water of it is cure for eyes (للعين). *[Bukhari: 4478; Book. 65; English vol. 6; Book. 60; Hadees. 5]*

2. Hazrat Abu Saeed & Jabir ﷺ says that Nabi ﷺ said that Kamaat (الكمأة) are a type of Mann & their water is a healing for eye (diseases) & the Ajwah (dates) are from Paradise (Jannah) & they are healing for poisoning (السّم). *[Ibn Ma-jah: 3453; Book. 31; English vol. 4; Book. 31, Hadees. 3453]*

3. Amr Bin Huraith heard from Hazrat Saeed Bin Zaid Bin Amr Bin Nufail ﷺ that Nabi ﷺ said Kamaat (الكمأة) is among Mann (المن), which Allah ﷻ sent for Bani Israel, its water is cure for eyes (العين). *[Ibn Ma-jah: 3454; Book 31; English vol. 4; Book 31, Hadees. 3454]*

4. Hazrat Suhaib ﷺ says that Rasoolullah ﷺ said: "For your beneficial, Kamaat (الكمأة) is present, that are among Mann (المن) & its water is cure (شفاء) for eyes (للعين). *[Abu Nu-aim: 258]*

5. Qatadah says that Abu Hurairah ﷺ said that he took 3 or 5 or 7 Kamaat (الكمأة) & drew out water from them & collected the water in a bottle & used the water for a slave's eye disease & her eyes got cured. *[Tirmizi: 2069; Book no. 28; English vol. 4; Book. 2, Hadees. 2069]* ***This Hadith is graded as Da-if (zaif) by Darussalam.***

Kamaat a product from Jannah: -

6. Hazrat Abdullah Bin Abbas رضى الله عنهما says that Rasoolullah ﷺ came to us & said that, "When Jannah (الجنة) smiled Kamaat (الكمأة) dropped on earth & when earth smiled Kabr (الكبر) grew".*[Al-Tibb Al-Nabawi: 666]*

Kabr (الكبر) is a thorny tree.

Kamaat a blessing thing & not small pox of earth: -

7. Hazrat Abu Hurairah ﷺ says that some people use to say that Kamaat (الكمأة) are small pox (جدرى) of earth, at this Rasoolullah ﷺ said, Kamaat (الكمأة) is among Mann (المن) & its water is cure for eyes & Ajwah (dates) are from Jannah (الجنة) it saves from poisoning. *[Ibn Ma-jah: 3455; Book no. 31; English vol. 4; Book. 31, Hadees. 3455]*

Scientific benefits of Truffles: -

1. They are good sources of protein & have all types of amino acids in them.
2. They contain carbohydrates, glycogen & fungus cellulose.
3. They have no cholesterol.
4. Very helpful in Trachoma (a deadly eye diseases which cause most of the blindness in the whole world).

Scientific benefits of Mushroom: -

1. Mushrooms decreases tumor growth & development in cells which develop cancers.
2. Mushrooms are the leading source of the essential antioxidant selenium thus protects body cells from getting damaged that might lead to chronic diseases.
3. They help to strengthen the immune system.
4. They have & provide ergothioneine, a naturally occurring antioxidant that helps to protect the body cells.
5. They give few calories thus helpful in obesity.
6. Rich in vitamin D.

Science & Hadees regarding truffles & mushrooms: -

Truffles are an important source of protein among the desert plants.

The compositions are as follows: -

It has 77% water & 23% other substances. These substances include 60% hydrocarbons, 7% fats, 4% fibers, 18% proteins & the remaining 11% are in the form of ashes that remain after its burning. Seventeen amino acids have already been recognized in the proteins present in the truffles.

When Prophet ﷺ describes the truffles as manna, this actually implies that they grow by the Will & Grace of Allah ﷻ as they are not cultivated by man. Moreover, they require neither seeds nor water to grow. The only interference by man in this process is to exert effort in their gathering. As for the other description given by Prophet ﷺ that *"Their water is healing to the eye"* , Ibn Sina mentioned that Muslims, in response to this Hadees used to boil its water, cool it & then use it as eye drops . Dr. Al-Mu`taz al-Marzuqi, an Egyptian Ophthalmologist, tried to study this Hadees in the light of modern science & reached very important results.

He found that the water of truffles prevents the occurrence of fibrosis in cases of eye trachoma. Truffles stop the formation of the fibrous tissues in the infected area. Experiments have proven that the application of the water of truffles in the treatment of trachoma has led to an enormous drop in the formation of lymphatic cells resulting from inflammation, which may lead to opacity of the cornea. Trachoma is a chronic contagious inflammation from which most inhabitants of the Arab world, the Mediterranean region & others all over the world suffer. The complications resulting from this disease may lead to total blindness.

Trachoma with its various complications is found to be completely responsible for more than 25% of the cases of blindness in areas where the disease is widespread. Very often, trachoma is also accompanied by spring ophthalmia, which increases fibrosis in the infected area. Experiments carried by Dr. Al-Mu`taz Al-Marzuqi have

proven that the water of truffles remarkably reduces the occurrence of fibrosis in the eye cornea, through stopping the growth of the cells which form the fibers, equalizing the chemical effect of the trachoma poisons & inhibiting the unnatural growth of the cells of the conjunctiva, because most of the complications of trachoma occur because of fibrosis of the cornea that are cured by the water of truffles *(By Dr. Zaghloul El-Naggar)*.

Conclusion of Hadees: -

1. Truffles are among Mann, means a blessing reward, they are origin from Jannah, & beneficial in eye diseases, also they are not small pox on earth, as believed previously.*.....This lesson has 7 Hadees.....*

MARVELOUS
MUSHROOMS
WHITE BUTTON
• Mild and versatile
• Mixes well with other mushrooms
• Classic flavor for salad, pizza or pasta
CREMINI
• Firm and flavorful
• Stands up to almost any cooking method and mixes well with other mushrooms
• Roast or sauté for a satisfying side
CHANTERELLE
• Nutty and delicate
• Excellent for roasting or sautéing
• Add sauteed chanterelles to quiche or scrambled eggs
TRUFFLE
• Fragrant and flavorful
• Tuck slices of black truffle under the skin of roasting poultry
• Grate cheesy white truffle over pasta or risotto
SHIITAKE
• Savory and satisfying
• A super soup mushroom that stands up to long cooking times
• Always remove stems before cooking
OYSTER
• Mild and sweet
• Cook briefly to preserve delicate flavor
• Add to omelets, quick soups and stir fries
PORCINI
• Robust and woodsy
• Hearty flavor for long-simmering dishes like pasta sauce and risotto
• Roast and toss with your favorite warm grain
MOREL
• Intense and earthy
• Wild mushroom with a distinctive honeycombed cap
• A standout in simple sautés and cream sauces
PORTOBELLO
• Rich and hearty
• Substantial flavor that's great for roasting or grilling
• For a meatless main, roast and stuff with sautéed greens and warm grains
WHOLE FOODS

Lesson no. 69 Antimony (Surma) (Ismid) (اثمد): -

Antimony Ismid	*Antimony stone*	*Surma*

Names

1. *In Hadees it is called as Ismid(اثمد).*
2. *In English it is called as Antimony.*
3. *In Urdu & in Hindi it is called as Surma.*
4. *In Arabic it is called as Kohl (كُحل).*
5. *In English it is called as Collyrium.*

Introduction: -

Antimony is a metalloid, the symbol is Sb, it is found in nature in free form, it is available in sulfide, oxide or ox sulfide form. It is a brittle metal, which breaks easily. It is shinny with white silvery colour (when it is in pure form). It is grayish colour, when in compound form.

Prophet ﷺ's guidance about Ismid (اثمد): -

Ismid the best Surma: -

1. Hazrat Ibn Abbas رضی اللہ عنہما says that Rasoolullah ﷺ said the best surma you have is Ismid (اثمد) (Antimony) it makes the vision (البصر) clear & makes the hair (eye lashes) grow.

[Ibn Ma-jah: 3497; Book. 31; English vol. 4; Book. 31, Hadees. 3497]

3 (three) things which increase vision: -

2. Hazrat Buraidah ﷺ says that Nabi ﷺ said that 3 things increase the vision (البصر) Ismid (surma) (اثمد) , to see greenery (الخضرة) (plants or etc) & to see a beautiful face (وجہ حسن). *[Kanz al-Ummal: 28314]*

Sunnah way to apply Ismid (Surma): -

3. Hazrat Abdullah Ibn Abbas رضی اللہ عنہما says that Nabi ﷺ had a pot of Kohl (Surma) from which Nabi ﷺ use to apply it, in both eyes, three times (ثلاثا) each in both eyes. ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Ibn Ma-jah: 3499; Book. 31; English vol. 4; Book. 31, Hadees. 3499]

4. Narrated by Abu Hurairah ؓ that Nabi ﷺ said: "Whoever applies Kohl (surma) let him apply in odd numbers times & whoever does that has well done & whoever does not does not matter. ***This Hadith is graded as Da-if (zaif) by Darussalam.*** *[Ibn Ma-jah: 3498; Book. 31; English vol. 4; Book. 31, Hadees. 3498]*

5. Narrated by A'isha رضی اللہ عنہا that Nabi ﷺ applied Kohl (surma) in His eyes while He ﷺ was fasting. ***This Hadith is graded as Da-if (zaif) by Darussalam.*** *[Ibn Ma-jah: 1678; Book. 7; English vol. 1; Book. 7, Hadees. 1678]*

6. A woman should not apply surma for 4 months & ten (days) whose husband is died. *[Bukhari: 5706; Book. 76; English vol. 7; Book. 71; Hadees. 607]*

7. Rasoolullah ﷺ use to apply Ismid (اثمد) 3 times in right eye, in this way that Nabi ﷺ use to start with right eye & use to end with right eye. *[Al-Tibb Al-Nabawi (Al-Jawzi) vol. 1; page no. 211]*

(Means use to apply first in right eye than left eye then again right eye then left eye then again in right eye (By this way 3 times in right & 2 times in left eye).

8. Apply Ismid (اثمد) (surma) 3 times in right eye & 2 times in left eye (right eye 3 times than 2 times in left eye).

[Tibbun Nabawi vol. 1; page. 217]

9. According to Imam Ahmed (r), Ismid (اثمد) should be applied 3 times in each eye means first 3 times in right & 3 times in left eye.

Ismid Marooh to be applied at night while sleeping: -

10. Narrated by Ma'bad Bin Hudhah ؓ that Nabi ﷺ commanded to apply collyrium (surma) mixed with musk at the time of sleep. ***This Hadith is graded as Da-if (zaif) by Al-Albani.***

[Abu Dawud: 2377; Book. 14; English Book. 13; Hadees. 2371]

Use Aloe Vera for eye infection & avoid surma during eye infection: -

11. Hazrat Nubayh Ibn Wahb ؓ says that Hazrat Umer Ibn Udaidullah Ibn Ma'mar ؓ had an eye infection & he wanted to apply Surma (kohl) in his eye, but Hazrat Abaan Ibn Usman ؓ told him not to do so, & asked to apply Sabir (صبر) (Aloe Vera) in his eye, & said that he heard from Hazrat Usman Ibn Affan ؓ that, Nabi ﷺ did the same.

[Abu Dawud: 1838; Book. 11; English Book. 10; Hadees. 1834]

Contents: - Antomalin, fuadin, glucantine, other metallic compounds, potassium, sodium etc.

Scientific benefits of it: -

1. It kills germs, parasites.
2. It cleans the vision & protects the eyes.
3. Helps grow eye lashes.
4. Helps in ring worm, baldness etc.

Important: - Try to get a pure one, which is free from lead.

Science & Hadees regarding Antimony: -

Antimony strengthens the optic nerve & is considered the best kohl (surma) when mixed with musk powder for elderly people with poor vision weakened by old age & also helps reduce skin flap growing on the eyelid, mange of the eyelids & it relaxes eyestrain. It helps detoxify eye moisture & eases congestion in tear ducts. It helps in natural cleansing of the eyes & helps to protect the eyes from dust particles floating in the air & brightens one's sight. When Ismid (surma) is mixed with honey diluted in water & applied on the edge of the eyelid, it can help reduce headaches.

Mange means a skin disease of mammals caused by parasitic mites & occasionally communicable to humans. It is characterized by severe itching, hair loss & the formation of scabs & lesions.

Conclusion of Hadees: - Apply surma at night in odd numbers, start from right eye, it increases the vision, helpful for eyes, widow should not apply it till 4 months & ten days after the death of her husband, can be applied in fasting.*.....This lesson has 11 Hadees.....*

Lesson no. 70 Vinegar (الخل) (Sirka): -

10 Health Benefits of Apple Cider Vinegar

Names

1. In Hadees it is called as khal (الخل).
2. In Urdu & Hindi it is called as Sirka.
3. In English it is called as Vinegar.

Introduction: -

Vinegar is a liquid which consist of mainly Acetic acid, water, volatile substances & organic matters.
The acetic acid in it is produced by fermentation of ethanol by acetic acid bacteria (yeast). It can be made from juices of grapes, oranges, beetroot, melons, apples, berries, honey, barley, coconut, dates, rice, wheat, sugar cane, tomato, jaamun, kiwifruit, malt, palm etc. It is of two types natural & synthetic.

Prophet ﷺ's guidance about vinegar (الخل): -

Vinegar (Khal) the best Gravy: -

1. Hazrat Jabir Ibn Abdullah ؓ says that Nabi ﷺ took me by the hand, to his (respected) house & some bread pieces (خبز) were served, Nabi ﷺ asked: "Is there any Gravy "(salan), The answer was "No", we have little khal (الخل) (vinegar) only. Then Nabi ﷺ said: "Khal (الخل) (vinegar) is good gravy" (نعم الإدام الخل) (salan) & Hazrat Jabir Ibn Abdullah ؓ says l like khal (الخل) (vinegar) since than".

[Muslim 2052 B; Book. 36; English Book. 23; Hadees. 5094]

Wine cannot be used as vinegar: -

2. Narrated by Anas Bin Malik ؓ that he asked Nabi ﷺ: Can wine be used for vinegar? He ﷺ said: "No".

[Tirmizi: 1294; Book. 14, English vol. 1; Book. 12, Hadees. 1294]

The house which has vinegar (Khal) will never get poor: -

3. Hazrat Umme Haani Bint Abi Talib رضی اللہ عنہا (cousin of Nabi ﷺ) says that Nabi ﷺ come home & asked: "Is there anything to eat in our house, she said No, but we have stale bread (خبز) & Khal (الخل) (vinegar), Nabi ﷺ asked for them & said the house which has Khal (الخل) (vinegar) will never get poor.

[Tirmizi: 1841; Book. 25; English vol. 3; Book. 23, Hadees. 1841]

4. Hazrat A'isha رضی اللہ عنہا says that Rasoolullah ﷺ said Khal (الخل) (vinegar) is the best salan (نعم الإدام الخل) (Gravy).

[Tirmizi: 1840; Book. 25; English vol. 3; Book. 23, Hadees. 1840]

Barkat in vinegar & food of previous Prophets: -

5. Umme Saad رضی اللہ عنہا says that Nabi ﷺ entered the house & when I was in the house of A'isha رضی اللہ عنہا & asked her for food, she replied that "We have Khabuz (خبز) (stale bread), Tamar (تمر) (dates), Khal (الخل) (vinegar)". To this Rasoolullah ﷺ said Khal (الخل) (vinegar) is a best salan (gravy) & prayed, "Oh! Allah ﷻ put Barkat in Khal (الخل) (vinegar) so that, it was Salan (gravy) of previous Prophets علیہم السلام & the house will not get poor, which has khal (الخل) (vinegar) in it". *[Ibn Ma-jah: 3318; Book. 29; English vol. 4; Book. 29, Hadees. 3318].* ***This Hadith is graded as mandu (mau-zu) by Darussalam.***

Contents of vinegar: -

1. Acetic acid is the chief acid in vinegar. It contains about 5% acetic acid, also tartaric acid & citric protons neutron etc.

Scientific benefits: -

1. Vinegar is beneficial in inflammation of stomach. It reduces bile secretion & improves digestion. We can use it as a mouth wash & gargle. Good for tooth ache, strengthens the gums, stimulates appetite.
2. Enhances taste in food. It increases sweating & urine output. It is an antidote for alkaline poisoning. Also it can be applied on ring worm & alopecia. It is helpful in lice & nits problem, ulcers. Wounds can be washed with it, may be applied on forehead in fever.
3. Should be drink with water in cold & cough, Cider vinegar is helpful in cold & cough, It prevents diarrhea, Increases metabolism, cleans the intestines, kills the bacteria & reduces weight.

Science & Hadees regarding vinegar: -

As soon as we take vinegar, it starts to eliminate fatigue substance from the body; you can notice this in only two hours by confirming your urine. If you look at your urine two hours after you take vinegar & you will find it to be clearer. Or, if you are unwilling to look at it closely, examine it with a piece of pH test paper (litmus paper). Before you take vinegar, the pH test paper will show that your *urine is acidic*, due to fatigue-creating substances in your body. Two hours after you take vinegar, the test paper will show more alkaline. These results mean that the previous fatigue substances were decreased or removed by taking the vinegar.

The liver dissolves the poisonous matters which were made in our body, so we must always keep the liver working well. Meat, fish, eggs, coconut oil, green vegetables & other nourishing foods as well as vinegar act like medicines for the liver. Some Eastern doctors believe that depression is the symptom of a "stagnant" or tired liver. If you believe in this philosophy, then apple cider vinegar would help to fight depression, since it is a great medium to help detoxify & clean the liver.

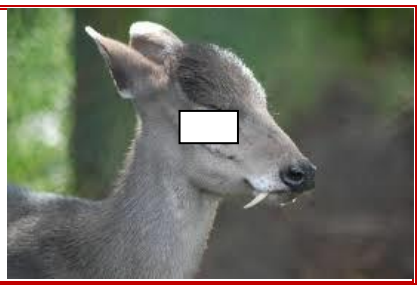
Over the centuries, oxymel (combination of apple cider vinegar & honey) has been widely used to dissolve painful calcium deposits in the body, for arthritis-like pains & for other health problems such as hay fever. Also "Vinegar performs the role of disinfectant for the intestines".

Conclusion of Hadees: -

Vinegar is a best source of liquid food, there is Barkat in it & it was the food of previous Prophets (a.s), the house which has vinegar in it will not be poor.*.....This lesson has 5 Hadees.....*

Top 10 Health Benefits of Apple Cider Vinegar
Apple cider vinegar is a type of vinegar made from apples and has a characteristic amber color.
1. Controls Blood Sugar
2. Whitens Teeth
3. Treats Constipation
4. Promotes Weight Loss
5. Nourishes Hair
6. Gives Glowing Skin
7. Combats Leg Cramps
8. Treats Colds & Coughs
9. Fights Infection
10. Lowers Cholesterol

Lesson no. 71 Musk (المسك) (Kasturi): -



Musk deer

Musk gland removed from the navel of musk deer

Contain from musk gland

Names

1. *In Hadees & Quran it is called as Musk (المسك).*
2. *In Sanskrit it is called as Kasturi.*
3. *In Latin it is called as Moschus moschiferus.*
4. *In English it is called as Deer musk.*

Introduction: -

It is a highly sweet aromatic part obtained from a bag like gland at the navel of musk male young deer. These deer are of special types, called as Musk deer or Kasturi deer.

Quranic references of musk (المسك): -

It is mentioned in *Chapter No. 83 (Surah) Al-Mutaffifeen (المطففين) verse no. 25 & 26.*

يُسْقَوْنَ مِن رَّحِيقٍ مَّخْتُومٍ ﴿٢٥﴾ خِتَامُهُ مِسْكٌ ۚ وَفِي ذَٰلِكَ فَلْيَتَنَافَسِ الْمُتَنَافِسُونَ ﴿٢٦﴾

They will be given to drink pure sealed wine. The last thereof (that wine) will be the smell of musk, and for this let (all) those strive who want to strive (i.e. hasten earnestly to the obedience of Allah ﷻ)

Prophet ﷺ's guidance about Musk (المسك): -

Musk the best: -

1. Hazrat Abu Saeed ؓ says that Rasoolullah ﷺ said the best good smelling (الطيب) fragrance is (of) Musk (المسك) (Kasturi).

[An-Nasa'i: 1905; Book. 21; English vol. 3; Book. 21; Hadees. 1906]

About Musk: -

2. Hazrat A'isha رضى الله عنها says that she applied perfume which had Musk (المسك) in it, to Nabi ﷺ before Ihram & on the Qurbani day & before doing tawaf of Kabah.

[Tirmizi: 917; Book. 9; English vol. 2; Book. 4; Hadees. 917]

3. Hazrat Abu Saeed Khudri ؓ says that Rasoolullah ﷺ spoke about a woman of Bani-Israel (اسرائيلبنى) who had filled Musk (المسك) in her ring because Musk is the best perfume (الطيب).

[Muslim 2252 B; Book. 40; English Book. 27; Hadees. 5599]

4. In other Hadees it is mentioned that when she use to press her ring, in company of people, the fumes of Musk (المسك) use to spread all over. *[Musnad Ahmed: 11364]*

(Means the woman mentioned in above Hadees use to press her ring).

About Ismid Marooh: -

5. Narrated by Ma'bad Bin Hudhah ؓ that Nabi ﷺ commanded to apply collyrium (surma) (kohl) mixed with musk at the time of sleep. ***This Hadith is graded as Da-if (zaif) by Al-Albani.***

[Abu Dawud: 2377; Book. 14; English Book. 13; Hadees. 2371]

About river Kausar: -

6. Hazrat Anas Bin Malik ؓ says that we asked Rasoolullah ﷺ about Kausar (الكوثر) & Rasoolullah ﷺ replied that, "It is a river, which Allah ﷻ will give me in Jannah (جنة), its river sand will have Musk (المسكترابه) in it. Its water is brighter than milk (اللبن) & sweeter than honey (العسل), over it such birds will fly whose neck will resemble neck of camel, On this, Hazrat Abu Bakr ؓ said that this is a great boon from Allah ﷻ, & Nabi ﷺ replied that those who will eat them, will be more precious & fortunate ones.

[Musnad Ahmed: 13306]

Groups entering Jannah: -

7. Narrated by Abu Hurairah ؓ that, Nabi ﷺ said, the first group to enter the Jannah (جنة) will look like the full moon & those who will come after them will look like a most brilliant planet in the sky, they will not urinate nor defecate (nor pass stools), nor spit, nor will blow their noses, their comb will be of gold, their sweat will be Musk (المسك), their incense burner will be of aloes wood & their wives will be Hoors & their built will be as Father Adam ؑ sixty cubits tall.

[Bukhari: 3327; Book. 60; English vol. 4; Book. 55; Hadees. 544]

Friday market in Jannah: -

8. Hazrat Anas ؓ says that Nabi ﷺ said that for the people of Jannah (جنة) (Paradise) there will be a market on every Friday, in this market there will be structures built with musk (المسك) & than north wind will blow & this wind will blow on their faces, garments & houses (by this) their beauty will increase, then they will return to their families, the family members will say: "By Allah ﷻ your beauty have increased & the person will also say, the same to their family members.

[Riyadh Al-Salihin: 1889; English Book. 20; Hadees. 21 & Musnad Ahmed: 14035]

Nabi ﷺ's saliva better than musk: -

9. Narrated by Abdul Jabbar Bin Wa'il ؓ that his father said: "A bucket was brought to Nabi ﷺ; He ﷺ rinsed His mouth & spat into it & it was like musk or better than musk & He ﷺ rinsed His nostrils outside the bucket".

[Ibn Ma-jah: 659; Book. 1; English vol. 1; Book. 1, Hadees. 659]

About blood smell from a wound, which was in Allah ﷻ's cause: -

10. Narrated by Abu Hurairah ؓ that Nabi ﷺ said: "A wound which a Muslim receives in Allah ﷻ's cause will appear on the Day of Resurrection (Qiyamah) as it was at the time of infliction; blood will be flowing from the wound & its color will be that of the blood but will smell like musk."*[Bukhari: 237; Book. 4; English vol. 1; Book. 4; Hadees. 238]*

Use of musk after menstrual bath: -

11. Narrated by A'isha رضی اللہ عنہا that an Ansari woman asked Nabi ﷺ how to take a bath after finishing from the menses? He ﷺ replied: "Take a piece a cloth perfumed with musk & clean the private parts with it thrice." Nabi ﷺ felt shy & turned his face. So I pulled her to me & told her what Nabi ﷺ meant.

[Bukhari: 315; Book. 6; English vol. 1; Book. 6; Hadees. 312]

Content of it: -

Vitamin A, Omega-6, Linoleic & alpha linoleic acids, dilating properties, anti- histamine properties etc.

Scientific benefits of Musk: -

1. It is best for skin disorders like acne, psoriasis, eczema, leucoderma, infections, cystic formations & itches (its oil should be used). It contains Vitamin A, also known as 'Retinol' it be applied on the blotches where cell regeneration takes place & treats acne.
2. It prevents dehydration of skin because it contains essential fatty acids like Omega-6. It contains 'Linoleic & Alpha Linoleic' acids that contain such fibers which increase elasticity of the tissues.
3. It contains antioxidants elements which prevents ageing, fine lines & wrinkles, It has a meditative effects thus reduces anxiety & emotions. Its oil can be used to treat burns.
4. Induces pleasant dreams & increasing strength, increases libido, body strength, immunity etc helpful for liver, digestion, cold & cough. It also reduces pain, soothes the nerves & reduces inflammation.

Science & Hadees regarding Musk: -

Dr. Aaminah Ali Nasir Siddique, professor of microbiology in the College of Science in Jeddah has discovered that musk is a natural antibiotic for treating skin diseases & genital diseases in humans & animals. This discovery was patented in the King Abd Al-Azeez City for Science & Technology in Riyadh. The researcher also presented at the 8th International Conference on scientific miracles in the Qur'an & Sunnah, held in Kuwait in 1427 AH a paper entitled: Aspects of the scientific miracles of using musk as an antibiotic against funguses & yeasts that cause disease in humans, animals & plants. She explained that disease-causing bacteria increase in number during the menstrual period & that musk has a strong effect in killing off these harmful microbes. It is clear that the reason for the menstruating woman using musk is to perfume the site, to ward off unpleasant odours & to kill off disease-causing funguses & yeasts.

Musk strengthens the internal organs, helps old people during cold temperatures, smelling musk helps people who suffer fainting attacks, helps to abate irregular heart accelerations & is also an aphrodisiac; it also accelerates healing of snake bites & removes the effects of poisons.

Conclusion of Hadees: -

1. Musk is the best (natural) perfume, Nabi ﷺ liked it & applied it; surma which contained musk in it was applied by Nabi ﷺ; Musk is present in Jannah also.*.....This lesson has 11 Hadees.....*

The Prophet (peace be upon him) said:
"By Him in Whose Hands my soul is, the unpleasant smell coming out from the mouth of a fasting person is better in the sight of Allah than the smell of musk."
[Sahih Al-Bukhari: 1904]

Lesson no. 72 HONEY (عسل): -

Names

1. *In Quran & Hadees it is called as A'sal (عسل).*
2. *In English it is called as **Honey.***
3. *In Urdu it is called as **Shehad.***
4. *In Hindi it is called as **Madh.***
5. *In Sanskrit it is called as **Madhu.***
6. *Honey bee in Quran is called as **NAHL** & a whole chapter is named on honey bee, the **Chapter No. 16 (Surah) Al Nahl** (The honey bee).*

Quranic references of honey (عسل): -

1. Chapter No. 16	*Al Nahl*	*verse no.*	*68 & 69.*
2. Chapter No. 47	*Muhammad*	*verse no.*	*15.*
3. Chapter No. 66	*Tah'reen*	*verse no.*	*1.*

1.Chapter No. 16 (Surah) Al-Nahl, verse no. 68 & 69: -

وَاَوۡحٰى رَبُّكَ اِلَى النَّحۡلِ اَنِ اتَّخِذِىۡ مِنَ الۡجِبَالِ بُيُوۡتًا وَّمِنَ الشَّجَرِ وَمِمَّا يَعۡرِشُوۡنَ ﴿۶۸﴾ ثُمَّ كُلِىۡ مِنۡ كُلِّ الثَّمَرٰتِ فَاسۡلُكِىۡ سُبُلَ رَبِّكِ ذُلُلًا ؕ يَخۡرُجُ مِنۡۢ بُطُوۡنِهَا شَرَابٌ مُّخۡتَلِفٌ اَلۡوَانُهٗ فِيۡهِ شِفَآءٌ لِّلنَّاسِ ؕ اِنَّ فِىۡ ذٰلِكَ لَاٰيَةً لِّقَوۡمٍ يَّتَفَكَّرُوۡنَ ﴿۶۹﴾

And your Lord inspired the bee, saying: "Take you habitations in the mountains and in the trees and in what they erect. "Then, eat of all fruits, and follow the ways of your Lord made easy (for you)." There comes forth from their bellies, a drink of varying colour wherein is healing for men. Verily, in this is indeed a sign for people who think.

Chapter No. 47 (Surah) Muhammad verse no. 15: -

مَثَلُ الۡجَنَّةِ الَّتِىۡ وُعِدَ الۡمُتَّقُوۡنَ ؕ فِيۡهَاۤ اَنۡهٰرٌ مِّنۡ مَّآءٍ غَيۡرِ اٰسِنٍ ۚ وَاَنۡهٰرٌ مِّنۡ لَّبَنٍ لَّمۡ يَتَغَيَّرۡ طَعۡمُهٗ ۚ وَاَنۡهٰرٌ مِّنۡ خَمۡرٍ لَّذَّةٍ لِّلشّٰرِبِيۡنَ ۚ وَاَنۡهٰرٌ مِّنۡ عَسَلٍ مُّصَفًّى ؕ وَلَهُمۡ فِيۡهَا مِنۡ كُلِّ الثَّمَرٰتِ وَمَغۡفِرَةٌ مِّنۡ رَّبِّهِمۡ ؕ كَمَنۡ هُوَ خَالِدٌ فِى النَّارِ وَسُقُوۡا مَآءً حَمِيۡمًا فَقَطَّعَ اَمۡعَآءَهُمۡ ﴿۱۵﴾

The description of Paradise which the Muttaqun (pious - see V.2:2) have been promised is that in it are rivers of water the taste and smell of which are not changed; rivers of milk of which the taste never changes; rivers of wine delicious to those who drink; and rivers of clarified honey (clear and pure) therein for them is every kind of fruit; and forgiveness from their Lord. (Are these) like those who shall dwell forever in the Fire, and be given, to drink, boiling water, so that it cuts up their bowels?

Chapter No. 66 (Surah) Al-Tah'reem verse no 1: -(Allah ﷻ said to Prophet ﷺ)

يٰۤاَيُّهَا النَّبِىُّ لِمَ تُحَرِّمُ مَاۤ اَحَلَّ اللّٰهُ لَكَ ۚ تَبۡتَغِىۡ مَرۡضَاتَ اَزۡوَاجِكَ ؕ وَاللّٰهُ غَفُوۡرٌ رَّحِيۡمٌ ﴿۱﴾

O Prophet! Why do you ban (for yourself) that which Allahﷻ has made lawful to you, seeking to please your wives? And Allahﷻ is Oft-Forgiving, Most Merciful.

Prophetﷺ's guidance about honey (عسل): -

About liking of honey & halwa: -

1. Hazrat A'isha رضی اللہ عنہا says that Rasoolullah ﷺ liked sweet (الحلوی) (Halwa) & Honey (عسل) very much.

[Bukhari: 5431; Book. 70; English vol. 7; Book. 65; Hadees. 342]

2. Hazrat A'isha رضی اللہ عنہا says that Rasoolullah ﷺ liked sweet (الحلوی) (Halwa) & Honey (عسل) very much & amongst drinking things (syrup), liked Honey water very much & used Honey (عسل) daily whole life & was every time healthy. *[Musnad Ahmed: 24316]*

Do not kill the following: -

3. Hazrat Abdullah Ibn Abbas رضی اللہ عنہما says that Rasoolullah ﷺ denied killing 4 living beings:

1. Ants (النملتہ),

2. Honey bees (النخلة),

3. Hudhud (الهدهد)&

4. Mamola birds (الصُّرَدُ).

[Abu Dawud: 5267; Book. 43; English Book. 42; Hadees. 5247]

Means prohibited killing four creatures: ants, bees, hoopoes & sparrow-hawks.

Honey useful in diarrhea: -

4. Hazrat Abu Saeed Al-Khudri ؓ says that Nabi ﷺ guided & insisted to a person, 4 times to use Honey (عسل) for his brother's illness, his brother was suffering from diarrhea (loose Motions), each time he came back with a complaint that motions are increasing (of his brother) & each time Rasoolullah ﷺ advised to give Honey (عسل) to his brother & on the fourth time Rasoolullah ﷺ said Allah ﷻ is the truth & your brother's stomach is lair & again Honey (عسل) was given to him & the patient got well.

[Bukhari: 5684; Book. 76; English vol. 7; Book. 71; Hadees. 588]

From the above Hadees we learn that we should not try to stop motions immediately because if we do so the infection which the body wants to throw out through motion will remain in the body, but however if the motions are in large number & frequent than first stop the motion & then treat the cause of motion.

Use honey to prevent illness (Balaa'): -

5. Hazrat Abu Hurairah ؓ says that Rasoolullah ﷺ said that any person who licks Honey (عسل) (Asal) in morning at least for 3 (ثلاثا) days every month will not suffer from any Balaa' (البلاء) (illness) in that month (in which honey is taken). ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Ibn Ma-jah: 3450; Book. 31; English vol. 4; Book. 31, Hadees. 3450]

Honey & Quran for Shifa: -

6. Hazrat Abdullah ؓ says that Nabi ﷺ said that "For you, to get Shifa (الشفاء) (cure) there are two things: HONEY (عسل) & QURAN" (القرآن). ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Ibn Ma-jah: 3452; Book. 31; English vol. 4; Book. 31, Hadees. 3452]

Honey amongst the best & a khair & best treatments: -

7. Hazrat Jabir Bin Abdullah ؓ says that Nabi ﷺ said that "Among your Medicines, which have khair (خیر) (cures) is Hijamah (الحجامة) (Wet Cupping) (blood-letting) & a drink of Honey" (شربة عسل) & cauterization, & said I don't like to be (cauterized) branded with fire."*[Bukhari: 5683; Book. 76; English vol. 7; Book. 71; Hadees. 587]*

Wet Cupping (blood-letting) is Hijamah, a therapy in which blood is removed by vacuum method & it is Sunnah. (Refer 17 Hijamah in pat-1).

4 (Four) best treatments: -

8. Hazrat Ibn Abbas رضی اللہ عنہما says that Rasoolullah ﷺ said that "Amongst the treatment you do, the best is to put medicine (دواء) in nose (السعوط), to put medicine (دواء) in one side of mouth (اللدود), Hijamah (الحجامة) (Cupping) & Walking (laxatives) (المشی). ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Tirmizi: 2047; Book. 28, English vol. 4; Book. 2, Hadees. 2047]

Walking here is considered as movement of intestines by Imam Qayyim (ra) & senna increases the movement of intestines. (Movement of intestines is called as Peristalsis movement is medical terms).

Boiled water & Honey for kidney problems: -

9. Hazrat A'isha رضی اللہ عنہا says that Rasoolullah ﷺ said that "There is an important part of kidney (called as) Khasira (الخاصرة), when this part gets swelled up, the person gets great pain & problems, treat this with excessively boiled water (الماء المحرق) (muharraq) & Honey (عسل)".

[Mustadrak Al Hakim: 8237; Al-Tibb]

Rule of boiling our drinks: -

10. Narrated by Abdullah Bin Yazad Al-khatmi that Umar Bin Al-Khattab ؓ wrote to him (saying) cook (boil) your drinks until the share of devil (shaitaan) is gone, for he has two share & you have one (means boil till 1/3 is left over & 2/3 is evaporated). ***This Hadith is graded as Da-if (zaif) by Darussalam.*** *[An-Nasa'i: 5717; Book. 51; English vol. 6; Book. 51, Hadees. 5720]*

Use honey & rain water for Shifa in all diseases: -

11. Hazrat Anas Bin Malik ﷺ says that Nabi ﷺ said that "With your Halal (حلال) (pure) earnings, buy Honey (عسل)& use it (Honey) with Rain water, this will help in Shifa (شفاء) for all diseases".

[Kanz Ummaal: 28176]

Honey as a medicine: -

12. Once Hazrat Khasram Bin Hissaan Bin Aamir Bin Malik ﷺ fell ill & he went to Nabi ﷺ for Blessings & Medicine, Nabi ﷺ gave him Honey. *[Musannaf Ibn-Abi Shaiba: 33159]*

Honey gifted: -

13. Hazrat Jabir Bin Abdullah ﷺ says that Honey was gifted to Nabi ﷺ& He ﷺ asked everyone to lick little Honey, as everybody got it, Hazrat Jabir ﷺ asked for more, & he was allowed by Nabi ﷺ to take more. *[Ibn Ma-jah: 3451; Book. 31; English vol. 4; Book. 31, Hadees. 3451].* ***This Hadith is graded as Da-if (zaif) by Darussalam.***

About Oranges & Honey: -

14. Hazrat Masrooq ﷺ say that he found Hazrat A'ishaرضی اللہ عنہاfeeding Hazrat Ibn Umm Maktoomﷺ(a blind) with Atraj (اترج) (oranges) dipped in Honey (عسل). *[Moa'jam Ausat: 9404]*

(Hazrat Ibn Umm Maktoom ﷺ was a blind sahabhi for whom Chapter 80 (Surah) AABASA was send by Allah ﷻ.

A preparation for illness: -

15. Once Hazrat Saad Bin Abi Waqqas ﷺ fell ill in Makkah, Nabi ﷺ visited him & asked to call a doctor, Al Haris Bin Kuladah was called, he came & examined Hazrat Saad ﷺ& said he is not serious & advised to take dates (تمر), barley (jaw) & boiled fenugreek seeds (الحلبة) water & prepare soup like gravy than put Honey (العسل) in it & give to Hazrat Saad ﷺ at early morning, luke warm & Hazrat Saad ﷺ got well; Nabi ﷺ liked the preparation advised by Al Haris Bin Kuladah. *[Al-Tibb Al-Nabawi Harful Haa; vol. no. 1; page no. 230]*

Honey & Rutab (date) the best remedy: -

16. Hazrat Abu Hurairah ﷺ says that Nabi ﷺ said that in my knowledge fresh ripen dates (الرطب) are best remedy for excessive menstrual flow & Honey (العسل) is best for patients (المريض). *[Abu Nuaim: 459]*

Honey in Paradise: -

17. Hakim Bin Mu'awiyah ﷺ narrated from his father, that Nabi ﷺ said: "Indeed in Jannah there is a sea of water & a sea of honey & a sea of milk & a sea of wine, then the rivers shall split off afterwards."

[Tirmizi: 2571; Book. 38, English vol. 4; Book. 12, Hadees. 2571]

18. Abdullah Bin Umar رضی اللہ عنہماnarrated that Nabi ﷺ said: "Al-Kausar is a river in Jannah, whose banks are of gold & it flows over pearls & corundum. Its sand is purer than musk & its water is sweeter than honey & whiter than milk."

[Tirmizi: 3361; Book no. 47, English vol. 5; Book. 47, Hadees. 3361]

Use black caraway seeds & honey together: -

19. Nabi ﷺ used (شربة عسل) Honey Syrup (honey mixed in water) & Black Caraway seeds (الحبة السوداء) (Kalonji) together. *[Abu Nuaim 459]*

Scientific benefits of honey: -

1. It cures diarrhea, helpful in all diseases & all health problems, it is a natural anti-biotic, best in typhoid fever, dysentery, internal & external ulcers & lesions, peptic ulcers, gastric ulcers, duodenal ulcers.
2. It reduces secretion of hydrochloric acid & thus reduces acidity; it has natural enzymes thus helps digestion & digestive disorders & can be used in all types of ulcers, wounds & lesions, best for urinary tract infections.
3. It is best for colitis (infection in large intestine), klebsiella germs, effective in burns when applied on burn lesions & when orally used. It is helpful in diarrhea, duodenal ulcers, acidity, gastric bleeding, vomiting & nausea, pain in stomach, liver diseases & skin diseases.
4. It increases Hemoglobin thus cures anemia, relaxes the smooth muscles *(Intestinal muscles)*.
5. Helps in reducing the continuous use of cortisone (steroids) as eye application in eye diseases, effective in eye diseases like corneal ulcers, dendrifrom ulcers of cornea, scotoma in cornea & conjunctivitis. It reduces dryness of eye. It also helps in herpes opthalmus (viral infection of eyes) & very effective in chronic eye diseases.
6. Also effective for measles, fever, congestion in brain, brain tumors, angina (pain in heart), rickets, bedwetting, calms the nerves, relaxes the urinary bladder, cold & cough, flu diseases, throat infections, chronic liver diseases, insomnia (lack of sleeps).
7. It reduces addiction of alcohol. Also increases complexion, treats roughness of skin, cracks of lips, infection of lips, spots on skin, gum infection & reduces skeletal muscles spasm (reduces pain in muscles).

Contents of honey: -

1. Vitamin B1, B2, B6, B12, vitamin H, dextrose, sodium, potassium, calcium, magnesium, iron, copper, phosphorus, sulphur, chlorine, Amino acids. Different honey from different regions has variation in nutritive value.

Uses of honey for general health: -

1. Mix honey in Luke-warm water in winter season & drink early morning & in summer mix honey in normal water & drink early morning. You can very safely use honey lifelong. You can mix 1 or 3 teaspoon honey, in half cup of water & drink.
2. Or lick honey early morning, but mixing in water is best & beneficial, can be used 1 time early morning empty stomach or also at evening 6:00 pm. It can be mixed with fruit & eaten. Can be mixed in milk & taken.

Uses for diseases: -

1. For throat infection, gums & teeth infection lick honey, 1 big teaspoon, 3 times a day. For all diseases mix 20 ml honey in 30 ml water & use it on empty stomach, 3 times a day keeping 8 hours interval.
2. Honey can be mixed with fruit & eaten or honey can be mix in fresh rain water & used. For weakness in joint or body, mix honey in milk & drink.
3. Honey can be injected intra muscular, subcutaneous or intra venous route. But use 2.5 cc honey & 2.5 cc distal water for intra muscles route or subcutaneous route. For intra venous, mix honey 5cc or more in 100ml distal water or normal saline water. (A great research is on, throughout the world). Always start with low dose.
4. Honey has many enzymes, anti-bacterial properties & many things which are yet not discovered & have several health benefits. It is an amazing natural medicine.

Uses of honey for complexion: -

1. Wash your face with Luke warm water & take 1 tea-spoon honey, 1 tsp lemon juice, 1 tsp rose water, 1 tsp of olive oil, 1 tsp aloe Vera juice, 1pinch salt, 1 tsp cucumber juice, 1 tsp watermelon juice mix all & apply as face pack for 15 to 20 minutes & wash the face with warm water. (Prepare the above & apply instantly, do not store)
2. Eat one banana daily with breakfast. Eat watermelon at 6:00 pm empty stomach one slice daily. Eat 1 small size cucumber daily.

Uses of honey on skin lesions: -

1. Honey can be applied on burns, ulcers, diabetic ulcers & can be put in eyes for eye diseases. It can also be used for complexion with other things.

Indications: -

1. All age,
2. All season,
3. It can be used in all diseases.

Types & qualities of honey: -

1. Natural or Forest honey is the best where there are lot of flowers, greenery & healthy climate.
2. Honey of neem (Azadirachta indica) tree, babul tree, jambul (jaamun) tree, apple tree etc can be used in various diseases (ex. Jambul tree honey may be best in diabetes, neem tree honey may be best for stomach diseases & infective diseases.)

Science & Hadees regarding honey: -

Honey offers incredible antiseptic, antioxidant & immune boosting properties for our body & gives health. It not only fights infection & helps tissue healing but also helps in reducing inflammation & is often used for treating digestive problems such as indigestion, stomach ulcers & gastroenteritis.

Researchers around the world are discovering new & exciting medical benefits of honey & other healing items produced in the hive such as propolis, royal jelly & bee pollen.

Honey is abluent & an aperient. It contains detergent & tonic properties that cleanse the arteries & bowels impurities. It opens obstructions of the liver, kidney & bladder. It is also a general preservative & it helps to preserve the potency of other natural medicinal remedies. It also helps to break up excess moisture in the bowels, such as in diarrhea.

Honey is superior to sugar in many aspects & it is less sweet but stronger & if taken excessively, it can be harmful to the bile, unless it is mixed with vinegar. Honey is good for the aged; it is a cough suppressant & is used in medicine to treat corrupted phlegm in the stomach & to soften the general constitution of the body.

Honey is also a curative for a depraved appetite & when taken as a drink mixed with hot water & a pomace made from sweet roses, it helps the treatment of rabies & is considered a safeguard from further infections.

Honey is also used as detoxicant for drug users & as an antitoxin to treat accidental eating of poisonous plants of the nightshade family (Hyoscymus niger), or wild fungus, among others. When taken as a drink mixed with hot water only, it helps as a remedy for dog bites. As a preservative, honey can be used to preserve meat for up

to three months & is used in pickling cucumbers, squash, eggplant & various kinds of fruits for up to six months. Known as "the trustworthy preservative", honey was also used as a principle ingredient in embalming the dead. The study on pollens & spores in raw honey (melissopalynology) can determine floral sources of honey. Because bees carry an electrostatic charge & can attract other particles from nature.

Modern medicine has only recently discovered the fact that honey is a remedy to many diseases. Traditional uses of honey have included honey mixed with lemon for sore throats. Honey coats the throat & reduces throat irritation. Research has already shown that honey blocks the growth of oral bacteria.

Honey has also been used for stomach pains & problems. Modern research shows that honey is effective when used in the treatment of gastric or peptic (stomach) ulcers. Research has also revealed that honey is effective in the treatment of various wounds & infections because of its anti-microbial (anti-bacterial, anti-viral & anti-fungal) properties.

Researchers are not absolutely sure why honey heals but they are learning new things about honey every day. As mentioned in the beginning, honey contains a variety of sugars & minerals. Honey is also considered an antioxidant. This means it allows the blood to circulate better & provide more oxygen to areas of the body such as the brain.

Honey can also be used externally to promote healing when applied to wounds, even post-operative wounds. Honey has also been effective in its use to treat burns. It has even been shown to be low in calories & useful as a sweetener for diabetics, people with heart disease or those overweight.

Conclusion of Hadees: -

1. Honey is all time best remedy for all diseases, can be licked or taken mixed in water, warm water, milk or add in medicines, best if used with Quranic verses, best time to take is empty stomach early morning, can be taken with fruits, excessive boiled water (reduced to 1/3) mixed with honey is best for kidney disorders, can be taken by all.*.....This lesson has 19 Hadees.....*

Lesson no. 73 Fat Tailed Sheep (Ram): -

Names

1. In Hadees it is called as Al-Kabash Arabi.
2. In Urdu & Hindi it is called as Dumba.
3. In English it is called as Fat rumped sheep or fat tailed Sheep.

Introduction: -

Fat-tailed sheep are hardy & adaptable, able to withstand the tough challenges of desert life. When feed is plentiful, fat-tailed sheep can be large in size & growth. The carcass quality of these sheep is quite good, with most of the fat concentrated in the tail area. Fat tailed sheep were bred specifically to produce the fatty tails which were used in soups & other cooking. The fat of the tails is called Allyah, with the tail representing up to 15% of the entire carcass weight.

Nabiﷺ's guidance about Al-Kabsh Al-Arabi (الکبش العربی): -

Cure for Argunisa (sciatica): -

1. Hazrat Anas Bin Malik ؓ says that Nabi ﷺ said: "The cure for Irqun-Nisa (عرق النساء) (lower back pain) is in fat-tail of Bedouin sheep, its fats should be melted & divided into 3 parts & each part (should) be taken each day on empty stomach.

[Ibn Ma-jah: 3463; Book. 31; English vol. 4; Book. 31, Hadees. 3463]

2. Hazrat Anas ؓ says that he prescribed Al-Kabsh Al-Arabi for Irqun-Nisa (lower back pain) to 300 people &Allah ﷻ healed to all.

[Islamic Medicine page no. 166; book by Yusuf Al-Hajj Ahmad]

Contents of it: -

Lipids, Omega-3 & 6, Fatty acids, essential & non-essential fatty acids etc.

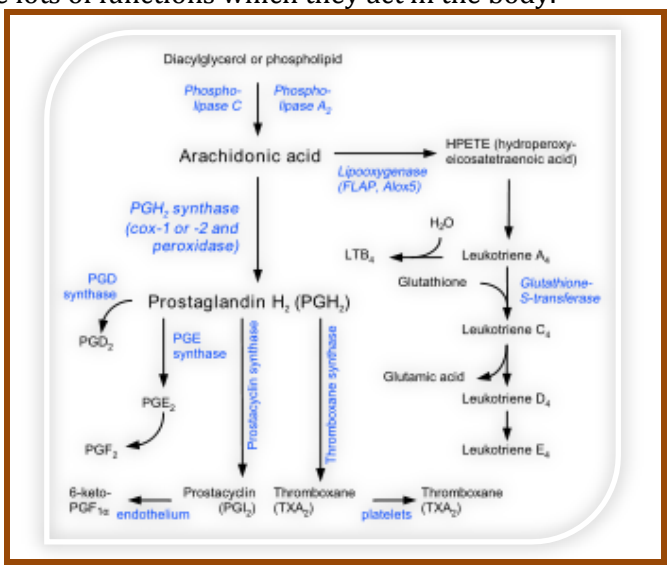
Science & Hadees regarding fat-tailed Sheep: -

1. The role of fats in the treatment of this illness: -

Nabi ﷺ mentioned that the treatment of Irqun-Nisa (عرق النساء) (lower back pain), in some cases, is the Fat-tail of sheep, which is in fact right.

Modern science says: -

Prostaglandin is a large group of natural enzyme which acts as hormones & whole body is related with them. There are lots of functions which they act in the body.



Lipid metabolism has three branches, each is related to the type of fat consumed in a big quantity leading therefore to the formation of three different chemical compounds (prostaglandin 1, 2 & 3) that have opposite effects from each other. These compounds, called the prostaglandins, resemble the hormones & have different effects on pains & inflammations in the body.

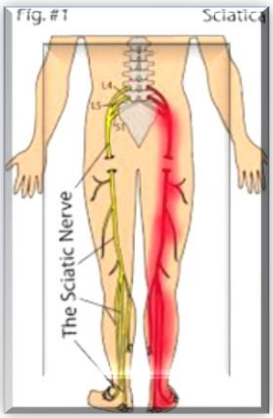
Prostaglandins type 1 prevent pain & come from the fatty acid called gamma linoleic acid (GLA) that belongs to the omega 6 fat group found on a limited basis in some wild plant . These products help to convert linoleic acid to gamma linoleic acid & then to prostaglandins type 3.

Prostaglandins type 2 on the other hand, augments the pains. These are formed from omega 6 fat group as well & mainly from linoleic acid found in margarines & cakes, as well as vegetable oils.

A prostaglandins type 3 is known for their calming action on the pains & inflammations. Those are formed from Alpha Linoleic Acid (ALA), which is converted to the two compounds EPA & DHA. Alpha Linoleic Acid is found in the oils of natural leaves & herbs & so this is an advantage of the natural vegetal food eaten by humans & animals like the sheep living in a desert (oasis) especially fat-tailed sheeps. Oils that contain alpha linoleic acid are cheap. Those belong to the omega-3 group known for its large benefits & are liquid in room temperature.

Sciatica pain (Irqun Nisa): -

Sciatica is large & thick pair (right & left) of nerve descending from lumber & sacral spine.



Sciatica means pain affecting the back, hip & outer side of the leg, caused by compression of a spinal nerve root in the lower back, often owing to degeneration of an intervertebral disc.

Some of the benefits of fats of omega-3: -

1. They reduce cholesterol level, protection from heart diseases & brain strokes, protection from arterial hypertension, rheumatoid, eczema & cancers. Also weight loss, formation of the tissues of the brain, the eye, the ear, the reproductive glands & the other glands tissues, formation of the membranes surrounding all the cells of

the body & acting to protect the cells, repairing the nervous tissues as in the case of a herniated disk, one of the principal causes of Sciatica, inflammation of nervous tissues, which is the second main cause of Sciatica.
2. The desert sheep live on natural herbs, rich in the omega 3 fats & from it 700 medicines are prepared. The beneficial oils the sheep obtains from these herbs are stored in its tail.
3. Nabi ﷺ said that the tail should be melted first & so the harmful bacteria & germs are killed by the heat.
4. It should also be taken in three days, not more, to avoid fat oxidation & rancidity.
5. It should be taken on an empty stomach, so that no other lipids compete with the lipids of the tail for absorption in the digestive tract at the vesicles & pancreas level, in addition to the cellular level where the enzymes acting at the membrane convert those lipids of the omega 3 group to the beneficial type 3 prostaglandin that reduce the inflammations & the pain caused by Sciatica.

Conclusion of Hadees: -

Its tail-fats are a cure for sciatica but many scholars says that this advice was for a particular people of a particular region.

……This lesson has 2 Hadees……

Lesson no. 74 Fish (Samak) (السمك): -

Fish	*Fried Fish*
Locusts	*Fried Locusts*

Names

1. In Hadees they are called as Samak (السمك).
2. In English they are called as Fish.
3. In Hindi they are called as Macchli.

Please remember the above names of fish are general names in the respected languages & they are of many types, having different shapes, sizes, types, small, big, different structures etc.

Quranic references: -

Chapter No. 16 (Surah) Nahl verse no. 14: -

وَهُوَ الَّذِیْ سَخَّرَ الْبَحْرَ لِتَاْكُلُوْا مِنْهُ لَحْمًا طَرِیًّا

And He it is Who has subjected the sea (to you), that you eat thereof fresh tender meat (i.e. fish),

Chapter No. 35 (Surah) Fatir verse no. 12: -

وَمَا یَسْتَوِی الْبَحْرٰنِ ۖ هٰذَا عَذْبٌ فُرَاتٌ سَآىِٕغٌ شَرَابُهٗ وَهٰذَا مِلْحٌ اُجَاجٌ ؕ وَمِنْ كُلٍّ تَاْكُلُوْنَ لَحْمًا طَرِیًّا وَّتَسْتَخْرِجُوْنَ حِلْیَةً تَلْبَسُوْنَهَا ۚ وَتَرَى الْفُلْكَ فِیْهِ مَوَاخِرَ لِتَبْتَغُوْا مِنْ فَضْلِهٖ وَلَعَلَّكُمْ تَشْكُرُوْنَ ﴿۱۲﴾

And the two seas (kinds of water) are not alike, this fresh sweet, and pleasant to drink, and that salty and bitter. And from them both you eat fresh tender meat (fish), and derive the ornaments that you wear. And you see the ships cleaving (the seawater as they sail through it), that you may seek of His Bounty, and that you may give thanks.

Chapter No. 5 (Surah) Ma'idah verse no. 96: -

اُحِلَّ لَكُمْ صَیْدُ الْبَحْرِ وَطَعَامُهٗ مَتَاعًا لَّكُمْ وَلِلسَّیَّارَةِ ۚ وَحُرِّمَ عَلَیْكُمْ صَیْدُ الْبَرِّ مَا دُمْتُمْ حُرُمًا ؕ وَاتَّقُوا اللّٰهَ الَّذِیْۤ اِلَیْهِ تُحْشَرُوْنَ ﴿۹۶﴾

Lawful to you is (the pursuit of) water-game and its use for food - for the benefit of yourselves and those who travel, but forbidden is (the pursuit of) land-game as long as you are in a state of Ihram (for Hajj or 'Umrah). And fear Allahﷻ to Whom you shall be gathered back.

Nabiﷺ's guidance about Samak (السمك) fish: -

Two dead & two types of blood are Halal: -

1. Hazrat Abdullah Bin Umer رضی اللہ عنہما says that Nabi ﷺ said: "Two dead things & two types of blood are allowed (to eat), the two dead things are Fish & Locusts (الجراد) (Jaradh), & two types of blood are Liver & Spleen" *[Ibn Ma-jah: 3314; Book. 29; English vol. 4; Book. 29, Hadees. 3314]*

Locusts (الجراد) (In Hadees they are called as Jaradh) are type of eatable grasshopper green, in Hindi & Urdu it is called as Tidda.

About Locust: -

2. Narrated by Abu Ya'far Al-Abdi ؓ said that he participated in 6 military expeditions with Nabi ﷺ& we eat Locust (الجراد).

[Tirmizi: 1821; Book. 25; English vol. 3; Book. 23, Hadees. 1821]

About sea water & its products: -

3. Hazrat Abu Hurairah ؓ says that one person asked to Nabi ﷺ that "we are travelers on sea, & we do not have lot of water with us, can we do WAZOO with sea water? Nabi ﷺ answered that, sea water is pure (usable) & its products are also permissible.

[An-Nasai: 332; Book. 2; English vol. 1 Book. 2, Hadees. 333]

First food, eaten by people of Jannah: -

4. Narrated by Anas ؓ (It is a part of a long Hadees) a Jew asked to Nabi ﷺ that what will be the first meal taken by the people of Jannah (Paradise)? Nabi ﷺ answered "The first food that will be eaten by people of Jannah will be Caudate or extra lobe of fish liver".

[Bukhari: 3329; Book. 60; English vol. 4; Book. 55; Hadees. 546]

Amber (sperm whale) fish: -

5. Hazrat Jabir ؓ says that a group of a Sahabah (companions of Nabi ﷺ) told to Nabi ﷺ about their getting & eating of a huge fish for 15 days, (Amber) (sperm whale) which was thrown out by the sea, actually they were 300 Sahabah on a journey & all eatables were finished, they had nothing proper to eat since many days, & they saw a huge fish thrown out on the bank, its ribs were very huge & they ate it, Nabi ﷺ answered: "It was a provision, which Allah ﷻ brought for you" (people) & asked, do you have any of its flesh, that you can give us to eat? Hazrat Jabir ؓ was pleased & he sent some meat to Nabi ﷺ which Nabi ﷺ ate. *(Some of the part of Hadees is from different Hadees).*

[Muslim: 1935 A; Book. 34; English Book. 21; Hadees. 4756]

6. Narrated by Abu Zar ؓ that "I heard Nabi ﷺ saying: 'Everyone in the universe, in the heavens & on earth, prays for forgiveness for the scholar (Aalims), even the fishes in the sea."

[Ibn Ma-jah: 239; Book. 1; English vol. 1; Book. 1, Hadees. 239]

Qualities of Fish: -

The fish which has good taste & smell, is of medium size, thin skinned, meat is not tough or dry, lives in clean fresh water, eats plants & do not eat dirt, is of whitest colour etc are best for use.

Scientific benefits: -

1. Fishes are beneficial in hydrocephalus, T.B, ulcers, kidney problems, pain in back & joints & increases libido. It is also beneficial for metabolism because they have natural sulphur & are good for skin, hairs, nails, joints, brain, heart, kidney, liver, thyroid gland, bones.

2. They are helpful in heart problem, obesity, (because fish oil has conjugated linolenic acid, DHA, EPA); it also reduces cholesterol, triglycerides & controls blood pressure.

Contents of it: -

Vitamin A, D, C, E, B1, B2, B3, B5, B6, B7, B12, iodine, sodium, potassium, calcium, phosphate, chloride, sulphur, iron, linolenic acid, D.H.A, E.P.A, unsaturated fatty acids, proteins, omega 3 fatty acids etc.

Uses: -

1. Cooked in gravy, fried or roasted, fish oil like salmon oil, cod liver oil, shark liver oil etc has great health benefits.

The explanation & conclusion of the Hadees: -

The Hadees declares that these things are lawful for Muslims to eat, since it is only Allahﷻ who makes things lawful & unlawful. It can be assumed that this Hadees was mentioned after the verse was revealed in which Allah ﷻ says in *Chapter No. 5 (Surah) Al-Mâ'idah verse no. 3: -*

حُرِّمَتْ عَلَيْكُمُ الْمَيْتَةُ وَالدَّمُ وَلَحْمُ الْخِنْزِيرِ

Forbidden to you (for food) are: Al-Maytatah (the dead animals - cattle-beast not slaughtered), blood, the flesh of swine,

Its legal implications: -

The Hadees says that the dead (fish) of the sea are lawful to eat. It says in the Qur'an in *Chapter No. 5 (Surah) Al-Mai'dah verse no. 96: -*

أُحِلَّ لَكُمْ صَيْدُ الْبَحْرِ وَطَعَامُهُ مَتَاعًا لَّكُمْ وَلِلسَّيَّارَةِ ۖ وَحُرِّمَ عَلَيْكُمْ صَيْدُ الْبَرِّ مَا دُمْتُمْ حُرُمًا ۗ وَاتَّقُوا اللَّهَ الَّذِي إِلَيْهِ تُحْشَرُونَ ﴿٩٦﴾

Lawful to you is (the pursuit of) water-game and its use for food - for the benefit of yourselves and those who travel, but forbidden is (the pursuit of) land-game as long as you are in a state of Ihram (for Hajj or 'Umrah). And fear Allahﷻ to Whom you shall be gathered back.

A good number of Companions, including Abu Bakr ﷺ, Abu Ayyub ﷺ& Ibn Abbas رضی اللہ عنہما have explained that "the game of the sea" refers to what is acquired by fishing & that "its food" refers to the sea animals that have died in it. *[Tafsîr al-Tabarî (7/63-69) & Sunan al-Bayhaqî (9/253-255]*

Scholars, however, have different opinion regarding the dead fish that float belly-up upon the surface of the water when its occurrence is not as a result of a recent event.

The first opinion is that such fish are lawful to eat. This, as we already mentioned, was the opinion of Abu Bakr ﷺ, Abu Ayyub ﷺ& Ibn Abbâs رضی اللہ عنہما & a number of other Companions. Abu Bakr ﷺ, for instance, said plainly: "The fish floating upon the surface of the water are lawful, so whoever wants to do so may eat of it." *[Musannaf `Abd al-Razzâq (4/503) with an authentic chain of transmission]*

This opinion was held by a number of successors & jurists, like `Atâ', Abu Rabâh, Mahkûl, Ibrâhîm Al-Nakha`î & Abu Thawr. It is also the view of the Mâlik, Al-Shâfî`î & Ahmad Bin Hanbalî as well as their respective schools of law.

Of course, the proponents of this view cite the Hadees under discussion as evidence. They also cite the Hadees what Prophet ﷺ said about the sea: *"Its water purifies & its dead are lawful."* It is the generality of both these Hadees, as well as of the verse mentioned above, that makes their case. The wording of these texts is sweepingly general, not allowing for the exception of anything.

They also cite as evidence the Hadees related by Jabir ﷺ about the expedition under the leadership of Abu Ubaidah that they faced starvation. While they were traveling along the coast came across the carcass & a whale was thrown by the sea on the bank, from which they ate & from which they took some of the meat with them as a provision. When they returned to Madinah, they informed Prophet ﷺ of what they did & He ﷺ said to them: "This is a provision that Allahﷻ had brought for you. Do you have with you any of the meat to give to us to eat?" They later sent some of the meat to the Prophet ﷺ) & He ﷺ ate from it.

This story is evidence that the dead of the sea are lawful to eat. It also shows us that it makes no difference whether the animal died in the sea or after it was cast out upon the land, since neither the Companions nor the Prophet ﷺ concerned them with ascertaining how the whale had died. One of the well-known principles of Islamic jurisprudence is that whenever the Prophet ﷺ refrained from inquiring into the details of a situation when various possibilities existed, it indicates that the ruling is general & applies regardless of the circumstances.

The second opinion on this matter is that it is disliked in Islamic Law to eat the dead fish that float upon the surface of the water. This was the opinion of Jâbir Bin Zayd & Tâ`ûs. It is also the view that was held by Abu Hanîfah & his colleagues.

They cite the Hadees related by Jabir ﷺ that states: "From what the sea casts out or leaves behind you may eat, but from what dies at sea & floats to the surface you may not eat." However, Abu Dâwûd says: "Sufyân Al-

Thawrî, Ayyub & Hammâd relate this Hadees from Abu Zubayr as being a statement of Jabir ﷺ. This Hadees has been attributed to the Prophet ﷺ with a weak chain of transmission form Ibn Abî Dhi'b from Abu Zubayr from Jabir ﷺ."

Besides the fact that it cannot be authentically attributed to the Prophet ﷺ it has another defect even when it is related merely as a statement of Jabir ﷺ. Abu Zubayr relates it without saying decisively that he heard it from Jabir ﷺ. For a narrator like Abu Zubayr, this is a problem, since he was known for relating things that he had heard indirectly. A good number of scholars have declared this to be weak, including ``Abd Al-Haqq Al-Ishbîlî, Ibn Al-Qayyim & more recently Al-Albânî.

Al-Nawawî writes: -

As for the Hadees that is related from Jabir ﷺ, scholars of Hadees agree on the fact that it is weak & that it cannot be used as evidence even if no other evidence exists to contradict it. How, then, can it be used when it is contradicted by other evidence?

The strongest opinion on the matter is the opinion held by the majority of scholars, since this is the opinion that is supported by the evidence. & Allahﷻ knows best.

Author's opinion: -

Most of the fishes which we eat come from hunting by fishing & they do not die in water nor do they float; so there is no harm & wrong in eating them.

Science & Hadees regarding Fish & locust: -

According to the book "Insects" by Steve Parker, Locusts are an excellent source of protein & contain a variety of fatty acids & minerals, vary in protein content from about 50 percent of dry weight to almost 60 percent, It contains adequate amounts of iodine, phosphorus, iron, thiamine, riboflavin, niacin, as well as traces of calcium, magnesium & selenium. Carbohydrate levels are very low in locusts, which makes them a good candidate for Atkins & Paleo types of diets. It has 20 grams of protein & just 6 g of fat per 100g.

Fish liver or fish liver oil: -

"The livers of edible fish are a good source of long-chain polyunsaturated fatty acids (LCPUFA), especially those in the omega 3 family, such as eicosapentaenoic acid (EPA) & docosahexaenoic acid (DHA)," José Luis Guil-Guerrero, lead author of the study, said. These fatty acids are used to prevent & treat various complaints, such as some kinds of cancer, depression, Alzheimer's disease, schizophrenia, behavioural problems & cardiovascular diseases.

The study focused on 12 kinds of fish that are commonly eaten in south eastern Spain, such as hake, shortfin mako & European pilchard. The livers of the great weever (Trachinus draco) & the European anchovy (Engraulis encrasicolus) were those that showed up the highest levels of LCPUFA (51.4% & 47.9% out of the total fatty acids, respectively). In addition, all the species had a combination of omega-3/omega-6 acids that is "beneficial for human consumption," especially in the case of the liver of the blue whiting (Micromesistius poutassou).

"Unfortunately, discarding these livers means that all their nutritional properties are missed," says Guil-Guerrero, "and if they were used this would also reduce the environmental pollution caused by throwing innards into the water, which is an inherent problem in the fish product processing industry in coastal areas."

Fish oil: -

1. Fish oil decreases cholesterol level, protects from heart diseases & brain strokes, Also protects from arterial hypertension, rheumatoid, eczema & cancers, weight loss, formation of the tissues of the brain, the eyes, the ears, the reproductive glands & the other glands' tissues, formation of the membranes surrounding all the cells of the body & acting to protect the cells, repairing the nervous tissues as in the case of a herniated disk, one of the principal causes of Sciatica, inflammation of nervous tissues, which is the second main cause of Sciatica.
2. Fish oil contains omega-3, omega 6, which contains both docosahexaenoic acid (DHA) & eicosapentaenoic acid (EPA). Omega-3 fatty acids are essential nutrients that are important in preventing & managing heart diseases.

Findings show omega-3 fatty acids may help to Lower blood pressure, reduce triglycerides, slow the development of plaque in the arteries, reduce the chance of abnormal heart rhythm, reduce the likelihood of heart attack & stroke & lessen the chance of sudden cardiac death in people with heart diseases, good for brain, bones, skin, hairs, nails, eyes etc. Fish is beneficial for hydrocephalus (collection of fluid in the brain in infants), tuberculosis, ulcers, kidney problems & pain in the back & joint & increases libido.

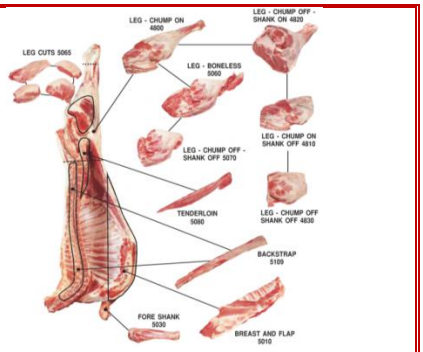
Conclusion of Hadees: -

Two dead things & two types of blood are allowed (to eat), the two dead things are Fish & Locusts (الجراد) (Jaraad), & two types of blood are Liver & Spleen, sea water is pure (usable) & its products are also permissible.

First food that will be eaten by people of Jannah (Paradise) will be Caudate or extra lobe of fish liver, 300 Sahabah ate sperm whale a large fish for 15 days. Everyone in the universe, in the heavens & on earth, prays for forgiveness for the scholar (Aalims), even the fishes in the sea. Please consider views of scholars regarding dead animals of sea.

…….This lesson has 6 Hadees……

Lesson no. 75 Meat (لحم) Lahm: -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LEG - CHUMP OFF - SHANK ON 4820
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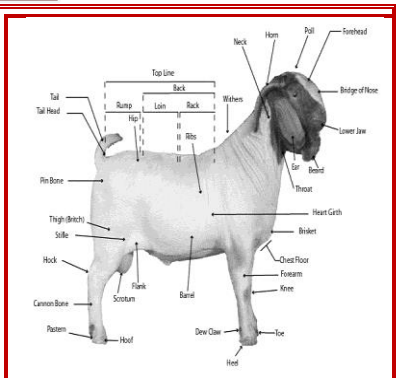
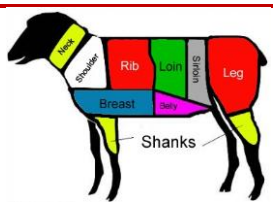
FORE SHANK 5030
BREAST AND FLAP 5010





Various Cuts of Labm

Names

1. *In Hadees it is called as Lahm (لحم).*
2. *In Hindi & Urdu it is called as Gosh.*
3. *In English it is called as Meat or Flesh.*
4. *Shoulder meat & Foreleg is called as Zara'a (الذرع) in Hadees.*
5. *Back meat is called as Zahr (الظهر) in Hadees.*
6. *Dried meat is called as Qadid (القديد) in Hadees.*

Quranic references of it: -

Chapter No. 5 (Surah) Ma'idah verse no. 1: -

يَاأَيُّهَا الَّذِينَ اٰمَنُوٓا اَوۡفُوا بِالۡعُقُودِ ؕ اُحِلَّتۡ لَكُمۡ بَهِيۡمَةُ الۡاَنۡعَامِ اِلَّا مَا يُتۡلٰى عَلَيۡكُمۡ غَيۡرَ مُحِلِّى الصَّيۡدِ وَاَنۡتُمۡ حُرُمٌ ؕ اِنَّ اللّٰهَ يَحۡكُمُ مَا يُرِيۡدُ ①

O you who believe! Fulfill (your) obligations. Lawful to you (for food) are all the beasts of cattle except that which will be announced to you (herein), game (also) being unlawful when you assume Ihram for Hajj or 'Umrah (pilgrimage). Verily, Allahﷻ commands that which He will

Chapter No. 16 (Surah) Nahl verse no. 14: -

وَهُوَ الَّذِىۡ سَخَّرَ الۡبَحۡرَ لِتَاۡكُلُوۡا مِنۡهُ لَحۡمًا طَرِيًّا وَّتَسۡتَخۡرِجُوۡا مِنۡهُ حِلۡيَةً تَلۡبَسُوۡنَهَا ۚ وَتَرَى الۡفُلۡكَ مَوَاخِرَ فِيۡهِ وَلِتَبۡتَغُوۡا مِنۡ فَضۡلِهٖ وَلَعَلَّكُمۡ تَشۡكُرُوۡنَ ⑭

And He it is Who has subjected the sea (to you), that you eat thereof fresh tender meat (i.e. fish), and that you bring forth out of it ornaments to wear. And you see the ships ploughing through it, that you may seek (thus) of His Bounty (by transporting the goods from place to place) and that you may be grateful.

Chapter No. 52 (Surah) Tur verse no. 22: -

وَاَمۡدَدۡنٰهُمۡ بِفَاكِهَةٍ وَّلَحۡمٍ مِّمَّا يَشۡتَهُوۡنَ ㉒

And We shall provide them with fruit and meat, such as they desire.

Introduction: -

Meat has been a big part of eatables among human since many years & is eaten worldwide. Human eat various types of meat of various animals & birds, but we should not eat all types of animals or birds.

Islamic Laws regarding meat: -

According to Quran in Chapter No. 5 (Surah) Al- Ma'idah verse no. 3: -

حُرِّمَتْ عَلَيْكُمُ الْمَيْتَةُ وَالدَّمُ وَلَحْمُ الْخِنْزِيرِ وَمَا أُهِلَّ لِغَيْرِ اللَّهِ بِهِ وَالْمُنْخَنِقَةُ وَالْمَوْقُوذَةُ وَالْمُتَرَدِّيَةُ
وَالنَّطِيحَةُ وَمَا أَكَلَ السَّبُعُ إِلَّا مَا ذَكَّيْتُمْ ۖ وَمَا ذُبِحَ عَلَى النُّصُبِ وَأَنْ تَسْتَقْسِمُوا بِالْأَزْلَامِ ۚ ذَٰلِكُمْ فِسْقٌ ۗ
الْيَوْمَ يَئِسَ الَّذِينَ كَفَرُوا مِنْ دِينِكُمْ فَلَا تَخْشَوْهُمْ وَاخْشَوْنِ ۚ الْيَوْمَ أَكْمَلْتُ لَكُمْ دِينَكُمْ وَأَتْمَمْتُ
عَلَيْكُمْ نِعْمَتِي وَرَضِيتُ لَكُمُ الْإِسْلَامَ دِينًا ۚ فَمَنِ اضْطُرَّ فِي مَخْمَصَةٍ غَيْرَ مُتَجَانِفٍ لِإِثْمٍ ۙ فَإِنَّ اللَّهَ غَفُورٌ
رَحِيمٌ ﴿٣﴾

Forbidden to you (for food) are: Al-Maytatah (the dead animals - cattle-beast not slaughtered), blood, the flesh of swine, and the meat of that which has been slaughtered as a sacrifice for others than Allahﷻ, or has been slaughtered for idols, etc or on which Allahﷻ's Name has not been mentioned while slaughtering, and that which has been killed by strangling, or by a violent blow, or by a headlong fall, or by the goring of horns - and that which has been (partly) eaten by a wild animal - unless you are able to slaughter it (before its death) - and that which is sacrificed (slaughtered) on An-Nusub (stone altars). (Forbidden) also is to use arrows seeking luck or decision, (all) that is Fisqun (disobedience of Allahﷻ and sin). This day, those who disbelieved have given up all hope of your religion, so fear them not, but fear Me. This day, I have perfected your religion for you, completed My Favour upon you, and have chosen for you Islam as your religion. But as for him who is forced by severe hunger, with no inclination to sin (such can eat these above-mentioned meats), then surely, Allahﷻ is Oft-Forgiving, Most Merciful.

According to Hadees:-

In Hadees, following meats are not allowed to be eaten: -

1. Animals feeding dirty things, their Meat & Milk both are not allowed to eat or drink.
2. Pet Donkey, Pig, Cat, frog, dog, Crow, wild animals (fox, wolf etc) meats are not allowed to eat.
3. Animals who die, due to drowning & sea animals, which die in the sea & their body floats.
4. We are not allowed to cut anybody part of an animal, while it is alive & eaten.
5. Animals & bird which hunt with their claws their meat is not allowed.
6. Cow meat in not liked to be eaten etc.

Nabiﷺ's guidance about Meat: -

Meat (لحم) the top class food: -

1. Hazrat Abu Darda ؓ says that Rasoolullah ﷺ said: At the top (سيدالطعام) among all eatables of Earth & Jannah is Lahm (لحم) (Meat). ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Ibn Ma-jah: 3305; Book. 29; English vol. 4; Book. 29, Hadees. 3305]

Meat (لحم) liked by Rasoolullah ﷺ: -

2. Hazrat Abu Darda ؓ says that, whenever Rasoolullah ﷺ was called for a Feast to eat Lahm (لحم) (Meat), he accepted it, & whenever meat was sent, He ﷺ accepted it. ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Ibn Ma-jah: 3306; Book. 29; English vol. 4; Book. 29, Hadees. 3306]

Prohibited to eat or drink milk of animals which eat dirty stuffs: -

3. Narrated by Abdullah Ibn Umar رضی اللہ عنہما that Nabi ﷺ prohibited neither eating the animal meat which feeds on filth nor drinking its milk.*[Abu Dawud: 3785; Book. 28; English Book. 27; Hadees. 3776]*

Swine & dead meat prohibited: -

4. Narrated by Abu Hurairah ؓ that Nabi ﷺ said, Allahﷻ (has) forbade wine & the price paid for it & forbade dead meat & the price paid for it & forbade swine (الْخِنْزِيرَ) & the price paid for it.

[Abu Dawud: 3485; Book. 24; English Book. 23; Hadees. 3478]

Donkey's meat prohibited to eat: -

5. Narrated by Ibn Umar رضی اللہ عنہما that Nabi ﷺ prohibited the eating of donkey's meat. *[Bukhari: 5522; Book. 72; English vol. 7; Book. 67; Hadees. 431]*

Prohibited meat of animals who have fangs: -

6. Narrated by Abu Sa'labah ؓ that Nabi ﷺ forbade the eating of the meat of beasts having fangs.

[Bukhari: 5530; Book. 72; English vol. 7; Book. 67; Hadees. 438]

(Please refer the next lesson Prohibited eatables & drinks).

About meat of shoulder or fore leg (الذرع) (Al-Zaraa'a): -

7. Hazrat Abu Hurairah ؓ says that, Lahm (لحم) (Meat) of shoulder (الذرع) (Al-Zaraa'a) (of Goat) was sent for Rasoolullah ﷺ because Rasoolullah ﷺ liked it, & Nabi ﷺ ate it by cutting & pulling the cooked meat with His ﷺ (respected) teeth.

[Tirmizi: 1837; Book. 25; English vol. 3; Book. 23, Hadees. 1837]

8. Narrated by A'isha رضی اللہ عنہا that the foreleg (shoulder) (الذِّرَاعُ) was not the part of the meat that the Rasoolullah ﷺ liked most, but He ﷺ would not get meat (every time) but occasionally. So it would be hastened to Him ﷺ because it cooks quickly". ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Tirmizi: 1838; Book. 25; English vol. 3; Book. 23, Hadees. 1838]

Lahm (لحم) (Meat) of back (Al-Zahr) (الظهر), the best: -

9. Hazrat Abdullah Bin Jafar Ibn Zubair ؓ says that, he slaughtered a camel for people (to eat) & said, people were cutting meat of back of the camel (Al-Zahr) (الظهر) for Rasoolullah ﷺ because Nabi ﷺ liked it & Rasoolullah ﷺ use to say: "The best part of the meat is Al-Zahr (الظهر) (back meat).

[Ibn Ma-jah: 3308; Book. 29; English vol. 4 Book. 29, Hadees. 3308]

10. Hazrat Abdul Bin Jafar ؓ says that Nabi ﷺ said: "The best part to eat meat is of back (Al-Zahr) (الظهر).

[Shamaa'il Muhammadiyah: 171; Book. 26; English Book. 25; Hadees. 162]

About Lahm (Meat), Wazoo & Salah (Namaz): -

11. Hazrat Abdullah Bin Al-Haris ؓ says that, we ate roasted meat with Rasoolullah ﷺ& after eating Rasoolullah ﷺ cleaned His (respected) Hands with a stone & offered Salah (Namaz) without doing Wazoo.

[Ibn Ma-jah: 3311; Book. 29; English vol. 4; Book. 29, Hadees. 3311]

(May be Rasoolullah ﷺ were in Wazoo).

12. Hazrat Amr Bin Ummiyah ؓ says that he saw Rasoolullah ﷺ having roasted shoulder meat (الذرع) of a goat in His (respected) Hand & He ﷺ was cutting & eating the meat, since than Rasoolullah ﷺ was called for Salah (namaz), Rasoolullah ﷺ kept the meat & knife & stood up & offered Salah (Namaz) without doing Wazoo.

[Bukhari: 5408: Book. 70; English vol. 7; Book. 65; Hadees. 319]

(May be Rasoolullah ﷺ were in Wazoo).

13. Hazrat Mughirah Bin Shaibah ؓ says that "One night I was guest of Rasoolullah ﷺ, He ﷺ specially offered roasted leg meat & Himself cut the meat with knife & use to give me.

[Abu Dawud: 188; Book. 1; English Book. 1; Hadees. 188]

14. Hazrat Umme Salma رضی اللہ عنہا says that she gave to Rasoolullah ﷺ roasted front leg of a goat to which Nabi ﷺ ate & than offered Salah (Namaz) without doing Wazoo.

[Tirmizi: 1829; Book. 25; English vol. 3; Book. 23, Hadees. 1829]

15. Hazrat Abdullah Bin Al-Hars ؓ says that we ate roasted meat with Rasoolullah ﷺ in Masjid.

[Shamaa'il Muhammadiyah: 165; Book. 26; English Book. 25; Hadees. 156]

About Salah, Wazoo & Lahm (meat): -

16. Hazrat Ibn Abbas رضی اللہ عنہما says that "Nabi ﷺ took out a piece of meat from a cooking vessel (which was kept for cooking) ate it & went to offer Salah without doing Wazoo.

[Bukhari: 5405; Book. 70; English vol. 7; Book. 65; Hadees. 316]

(Means Nabi ﷺ were in Wazoo).

About Qadid (القديد) (dried Meat): -

17. Hazrat Ibn Masood ؓ says that, one person came to Rasoolullah ﷺ& due to honor & respect, his body started to tremble (tremors), seeing this, Rasoolullah ﷺ said, I am not a King, I am Son of a (poor) Lady, who ate Qadid (القديد) (dried meat). ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Ibn Ma-jah: 3312; Book. 29; English vol. 4; Book. 29, Hadees. 3312]

Qadid (القديد) is dried meat, means salt is applied to meat & kept for drying, so that they can use it, whenever necessary, poor people of that time use it.

About Cannon Bone (Paya): -

18. Hazrat A'isha رضی اللہ عنہا says that, we use to keep (separate) the Cannon bones (Paya) of Qurbani animals for Rasoolullah ﷺ because Rasoolullah ﷺ would eat them 15th days after Qurbani.

[Ibn Ma-jah: 3313; Book. 29; English vol. 4; Book 29, Hadees. 3313]

About Chicken: -

19. Narrated by Zahdam that Abu Moosa Ashari ؓ said that he saw Nabi ﷺ eating Chicken.

[Tirmizi: 1827; Book. 25; English vol. 3; Book. 23, Hadees. 1827]

About Meat of Bustard (A type of bird) (Hubaari): -

20. Narrated Ibrahim Bin Umar Bin Safinah ؓ said from his father, from his grandfather that he ate meat of Bustard (حُبَارى) (a type of bird) with Nabi ﷺ. ***This Hadith is graded as Da-if (zaif) by Darussalam.***

[Tirmizi: 1828; Book no. 25, English vol. 3; Book. 23, Hadees. 1828]

(Bustard in Hadees is called as Hubaari).

About rabbit's meat: -

21. Narrated by Hisham Bin Zaid that he heard Anas Bin Malik ﷺ saying that, Nabi ﷺ has eaten Rabbit's meat.
[Tirmizi: 1789, Book 25, English vol. 3; Book. 23; Hadees. 1789]
(It is a part of a long Hadees).

Two dead & two types of blood as Halal: -

22. Hazrat Abdullah Bin Umar رضی اللہ عنہما says that Nabi ﷺ said: "Two dead things & two types of blood are allowed (to eat), the two dead things are Fish & Locusts (Jarad), & two types of blood are Liver & Spleen".
[Ibn Ma-jah: 3314; Book. 29; English vol. 4; Book. 29, Hadees. 3314]
Locusts (الجراد) (In Hadees they are called as Jaradh) are type of eatable grasshopper green, in Hindi & Urdu they are called as Tidda.

Cure for Irqun Nisa (sciatica): -

23. Hazrat Anas Bin Malik ﷺ says that Nabi ﷺ said: "The cure for Irqun-Nisa (عرق النساء) (lower back pain) is in fat-tail of Bedouin sheep, its fats should be melted & divided into 3 parts & each part (should) be taken each day on empty stomach.
[Ibn Ma-jah: 3463; Book. 31; English vol. 4; Book. 31, Hadees. 3463]
Sciatica is pair of (right & left) thick & large nerve descending from lumber & sacral spine, compression on it by herniated disc giving a radiant pain from lower back to leg or legs & this condition is called as sciatica.

Cow Milk & its ghee the best medicine, but meat of it is disease: -

24. Hazrat Mulaika Bint Amr رضی اللہ عنہا says that Rasoolullah ﷺ said: "There is cure in Cow's milk, its ghee/butter is beneficial, but its meat has diseases". *[Abu Nuaim: 858]*
25. Hazrat Abdullah Bin Masood ﷺ says that Nabi ﷺ said: "For your benefit, Cow's milk (اللبن) is present, its Milk (اللبن)& Ghee are best medicine, but its meat has diseases". *[Abu Nu-aim: 858]*

Increase the gravy: -

26. Narrated by Alqamah Bin Al-Muzani ﷺ says from his father that Nabi ﷺ said: "When one of you buys meat, let him increase its gravy, for if you did not get meat you will have gravy; & it is one of the two meats".*[Tirmizi: 1832; Book. 25; English vol. 3; Book. 23, Hadees. 1832]* ***This Hadith is graded as Da-if (zaif) by Darussalam.***

Increase the gravy to serve it to neighbours: -

27. Narrated by Abu Zar ﷺ that Nabi ﷺ said: "Let one of you not consider any good deed (Neki) as unimportant, if you have nothing then meet your brother with a smiling face, if you buy some meat or cook something in a pot, increase the gravy & serve some to your neighbour". *[Tirmizi: 1833; Book. 25; English vol. 3; Book. 23, Hadees. 1833]*

Camel's meat: -

28. Narrated by Jabir Bin Samurah ﷺ that Nabi ﷺ commanded us to perform ablution (wazoo) after eating camel meat but not to perform ablution after eating the mutton.
[Ibn Ma-jah: 495; Book. 1; English vol. 1; Book. 1, Hadees. 495]

Contents of Meat: -

It has protein, sulphur, phosphorus, copper, iron, magnesium, calcium, potassium, sodium, carbohydrates, fats, & all vital vitamins. Goat Meat is loaded with the all the required healthy nutrients for the body in high amounts.
It contains B complex group vitamins *(B1, B2, B3, B9, B12),* vitamin E, vitamin K, choline, protein, natural fats, betaine, cholesterol, amino acids, minerals *(manganese, calcium, iron, zinc, copper, phosphorus, selenium)*, electrolytes (sodium, potassium), omega 3 Fatty Acids & omega 6 Fatty Acids. It is very nutritional food for the health.

Scientific benefits of meat: -

1. It contains low level of saturated fat & cholesterol.
2. It contains lower value of saturated fats, cholesterol & high value of unsaturated fats thus it is safe for the heart & reduces the risk of cardiovascular diseases & other chronic problem, balances cholesterol Level.
3. Unsaturated fats found in it improve the good blood cholesterol (HDL) levels, provides relief from inflammations & keeps heart healthy.
4. It helps in maintaining the heart beats, lowering down the blood pressure & reduces the risk of atherosclerosis, coronary heart diseases & keeps the heart healthy.
5. It helps in weight control & reduces risk of obesity.
6. It contains lean proteins in high amount; low saturated fat, thus helps in controlling weight & reduces the risk obesity,
7. Proteins found in it acts as a hunger suppressing agent & keeps the stomach full for longer time thus helps in controlling weight.
8. Full of vitamins & nutrients, it contains lots of vitamins & nutrients which help in burning fat.
9. It is beneficial during pregnancy, prevents from anemia (low haemoglobin) in pregnancy & prevents from anemia during pregnancy to both mother & baby by increasing the blood hemoglobin level in mother & enhancing blood supply to the baby as it contains high iron level (3mg iron/100g of goat meat) & reduces risk of Iron-deficiency diseases.

10. It prevents from other iron-deficiency diseases, reduces the risk of birth defects among new born babies, neural tube defects etc.
11. Nourishes blood cells, it contains high level of vitamin B12 which nourishes the blood cells & makes it healthy.
12. Reduces risk of cancer, it has selenium & choline which is very beneficial to be prevented from cancer.
13. Makes men powerful & it helps in improving sex power among men as it contains torpedo & bile which enhances the ability of male sexuality.
14. Relieves menstrual pain & it helps in iron recovery among women during menstruation & provides relief from the menstrual pain.
15. Makes skin glowing & healthy & it provides better nourishment to the skin & makes it healthy, soft, supple, glowing & smooth, provides relief from skin problems.
16. It provides relief from skin problems like psoriasis, eczema or acne & other problem by nourishing the skin, effective in dry skin.
17. It also provides relief from the dry skin & rashes problems by making the skin soft & supple.
18. Reduces risk of many diseases.
19. It reduces the risk of infection, type 2 diabetes & other diseases if eaten regularly & reduces cardio diseases risk.
20. It contains low sodium level & high potassium level thus safe food for the heart & prevents from the high blood pressure, risk of stroke, kidney diseases etc.
21. Promotes energy metabolism, it contains niacin vitamin which involves in promoting the energy metabolism.
22. Healthy food for bone, teeth & hair, it provides better nourishment to the bones, teeth & hairs thus prevents from osteoporosis, joints pain & toothache & hair loss.
23. Strengthens immunity system & it helps in improving the power of immune system & prevents from various infections.
24. It prevents from early ageing, It helps in maintaining the functioning of thyroid gland & prevents from the early ageing as it protects from the free radicals, keeps blood sugar under control.
25. It normalizes the blood sugar level thus keeps blood sugar level under control among diabetic patients, reduces stress level, it enhances the mood level by preventing from the depression & stress & promotes brain development.
26. It enhances the memory power among kids by helping in proper brain development.
27. Keeps body healthy & strong.
28. Goat meat is called as mutton & so mutton cannon bone (leg) soup is very famous, delicious & healthy for the health especially bones. It is rich in calcium & helps in bone building & teeth strengthening. It enhances producing new body cells thus delay the ageing. It is good for weight watchers as it is rich in protein which keeps stomach full longer.

Science & Hadees regarding meat: -

Swine meat prohibited: -

Pigs have no neck that makes it impossible to be slaughtered in the Islamic way (The Halaal way) & thus getting rid of the blood, which contains an abundance of uric acid, a toxic chemical substance that can be injurious to human health.

Diseases caused by eating pork: -

Eating the meat of pig can cause over seventy different types of latent diseases as their body contains many toxins & deadly parasitic worms like tapeworm, roundworm, pinworm, hookworm, etc. If you eat pork you are likely to ingest many of these worms or their eggs into your body! Most dangerous among them is the Tapeworm. These worms can enter the human body through the mouth, anus, nose, or skin, with most species attaching themselves to the intestinal tract. That is why you have to stay away from pigs. Once inside the body, these worms lay eggs & raise a family! The baby worms along with their parents stroll inside your body & can reach any organ easily. If they enter the brain it can cause memory loss. If they enter the heart it can cause heart attack, if they enter the eyes, it can cause blindness & if they enter the liver, it can cause liver damage. Simply, it can damage almost all the organs of the body. One in six people in the US & Canada has trichinosis from eating trichina worms (roundworms), which are found in pork. These worms are found in the flesh of pigs & the diseases caused by eating pork are incurable once it reaches beyond a certain stage.

Pork has very little muscle building material & contains excess fat. This fat gets deposited in the vessels & can cause hypertension (high B.P) & heart attack. Those who consume pork are more prone to obesity because of the high fat content in pork. In this group, blood cholesterol level is frequently higher than normal; pork-eaters are more susceptible to arteriosclerosis *(hardening of arteries of heart)*, which may result in cardiovascular diseases, malfunction of the brain blood-circulation, vascular pathology of the lower limbs, etc.

Influenza or flu is one of the most lethal illnesses that pigs share with humans. This illness is harboured in the lungs of pigs during summer & tends to effect pigs & humans in the cold months. Eating pork also leads to gallstones & noxious diseases. It is one of the filthiest animals on earth. It lives & thrives on muck, faces (shit or poop) or excreta & dirt. Often trash is collected & fed to pigs.

Pigs will scavenge & eat any kind of food, including dead insects, worms, tree bark, rotting carcasses, garbage, small animals & even other pigs. Surprisingly, pigs eat their own babies! They eat anything & everything. Even if

pigs are bred in clean & hygienic conditions they are kept together in farms or barns & they simply cannot resist eating filthy substances or shit from other pigs & of their own. They are just filthy by nature.
Another interesting fact is that the pig excretes only 2% of its total uric acid content; the remaining 98% remains an integral part of the body.

Blood prohibited: -

The reason why the blood that is "poured forth" is forbidden to us is because of the information that has become well known & well established nowadays among the doctors & those who carry out medical tests & study microscopic creatures, which is that blood is considered to be the optimum environment for the growth of germs. So if a person drinks blood it is as if he has drunk a "farm" for growing germs, in which the germs can multiply & grow, producing lethal poisons which, as is well known, have extremely harmful effects which result in germs invading the human body resulting in the person contracting contagious & lethal diseases. By cooking or boiling at any degree spores & capsule secreting organism do not get killed & there is no question that blood can be cook or boiled & eaten.

Meat the king of all eatables: -

Meat proteins are excellent they contain all the amino acids that we need, while most plant proteins have a suboptimal amino acid profile, not surprisingly, consumption of animal protein is associated with increased muscle mass & people who eat an omnivorous diet have more muscle than people eating a vegetarian diet. Studies also show that vegetarians have much lower testosterone levels than their meat-eating counterparts. Low testosterone is associated with reduced strength, less muscle mass, more fat gain, depression & reduced self-esteem. Another thing that protein is important for is bone health. The studies show that consumption of protein, especially animal protein, is associated with increased bone density in old age & a lower risk of fractures & much more.

Conclusion of Hadees: -

Meat is at the top of all eatables on earth & Jannah, accept feast of meat, do not eat meat or drink milk of animals that eat dirty stuffs, bite the meat with teeth, perform wazoo after eating camel meat, try to avoid cow meats, fat tail of sheep are cure for sciatica, increase the gravy & give to neighbors, also give meat as charity.*.....This lesson has 28 Hadees.....*

Lesson no. 76 Ashes (Raakh): -

Sample of Ashes.

Names

1. *In Hadees it is called as Lail.*
2. *In English it is called as Ashes.*
3. *In Urdu & Hindi it is called Raakh.*
4. *In Arabic it is called as Sakan (سکن) Ramaad.*

Introduction: -

Ash are the end remaining thing when any materials are burnt, they are in powder form, mainly grayish silverish coloured, mostly alkaline, can be of animal origin, plants origin, chemical origin, metal origin etc but to stop bleeding plant origin ashes are used.

Nabi ﷺ's guidance about Ashes: -

Ash used to stop Bleeding of Nabi ﷺ: -

1. Narrated by Sahl Bin Saad ؓ that Nabi ﷺ got wounded on the day of Uhud, "His ﷺ molar was broken & His ﷺ helmet was crushed on His ﷺ Head. Fatimah رضی اللہ عنہا was washing the blood & Ali ؓ was pouring water on Him ﷺ from a shield. When Fatimah رضی اللہ عنہا realized that the water was only making the bleeding worse, she took a piece of a mat & burnt it & when it had turned to ashes, she applied it to the wound to stop the bleeding.
[Ibn Ma-jah: 3464; Book. 31; English vol. 4; Book. 31; Hadees. 3464]

2. Abu Hazim said: "While I was listening, Sahl Bin Saad ﷺ was asked: 'What were the wounds of Nabi ﷺ treated with?' He said: 'None is alive who is more knowledgeable of it than I. Ali ﷺ would come with water in his shield & Fatimah رضی اللہ عنہا would use it to wash His ﷺ blood off & a mat was burnt for Him ﷺ& His wounds were filled with it (its ashes)."
[Tirmizi: 2085; Book. 28; English vol. 4; Book. 2, Hadees. 2085]
(Please note fresh ashes were directly applied to Nabi ﷺ's wound).

3. Narrated by Sahl Bin Saa'd As-Sa`idi ﷺ that when the helmet broke on the Head of Nabi ﷺ & His ﷺ face became covered with blood & His ﷺ incisor tooth broke (i.e. during the battle of Uhud), Ali ﷺ used to bring water in his shield while Fatimah رضی اللہ عنہا was washing the blood off His face. When Fatimah رضی اللہ عنہا saw that the bleeding increased because of the water, she took a mat (of palm leaves), burnt it & stuck it (the burnt ashes) on the wound of Nabi ﷺ, whereupon the bleeding stopped.
[Bukhari: 5722; Book. 76; English vol. 7; Book. 71; Hadees. 618]

4. Narrated by Abu Hazim that he heard Sahl Bin Saad ﷺ being asked about the wounds of Nabi ﷺ saying: "By Allah ﷻ, I know who washed the wounds of Nabi ﷺ & who poured water (for washing them) & with what he was treated." Sahl added, "Fatimah رضی اللہ عنہا, the daughter of Nabi ﷺ used to wash the wounds & Ali Bin Abi Talib ﷺ used to pour water from a shield. When Fatimah رضی اللہ عنہا saw that the water aggravated the bleeding, she took a piece of a mat, burnt it & inserted its ashes into the wound so that the blood was concealed (and bleeding stopped). His ﷺ canine tooth got broken on that day & face was wounded & His ﷺ helmet was broken on His head."
[Bukhari: 4075; Book no. 64; English vol. 5; Book. 59; Hadees. 402]

5. Hazrat Kabshah رضی اللہ عنہا (daughter of Abu Bakar ﷺ) says that her father forbid his family for Hijamah (الحجامة) on Tuesday & used to assert on the authority of Nabi ﷺ that Tuesday is the day of blood & said that on Tuesday a movement is there in which blood do not stops. ***This Hadith is graded as Da-if (zaif) by Al-Albani.***

[Abu Dawud: 3862; Book. 29; English Book. 28; Hadees. 3853].

Content of Ashes: -

Sodium, potassium, calcium, salts, organic & nonorganic substance, carbon, oxides, phosphate etc (mainly its content depends on the things that are burnt & Ashes formed).

Scientific benefits: -

1. All types of ashes have a drying & clearing effects.
2. The ashes of astringent plants or wood stops bleeding.
3. Ashes absorb large amount of plasma thus helps in initial clotting of blood platelets & bleeding stops.
4. Forms a protective covering on wounds thus protects the wound from germs.
5. The surface protein of wound settles.
6. It kills the germs.

Science & Hadees regarding Ashes: -

Plants ashes are the powdery residue that remains after plants are burned; chemically the ash is alkaline (pH > 10) & composed primarily of calcium carbonate & secondarily, most often, of potassium chloride (interestingly, alkaline word is derives from the Arabic meaning plant ashes) & these help in blood clotting because it absorbs large amount of plasma, thus helps in initial clotting of blood platelets & bleeding stops & forms a protective covering on wounds thus protects the wound from germs. Many doctors have found that bleeding on Tuesdays is stopped with difficulty.

Conclusion of Hadees: -

Palm ash was used to stop bleeding of Nabi ﷺ.*.....This lesson has 5 Hadees.....*

Lesson no. 77 Soil of Madinah (غبار المدينة المنورة): -

Masjid Nabawi ﷺ in the day

Masjid Nabawi ﷺ in th night

Names

1. In Hadees it is called as(تُرْبَةُ أَرْضِنا) (The soil of our Land).
2. In English it is called as soil or dust of Madinah.
3. In Hindi & Urdu it is called as Khakh-e-Madinah.

Introduction: -

Madinah is a city in Saudi Arab, it is a city of Nabi ﷺ this city is famous &holy place for Muslims, all the one who go for Hajj & Umrah, also visit this city & live there for some days. This lesson is about soil of Madinah city.
At the time of Prophet ﷺ if any person complains from a wound or ulcer, the Messenger of Allah ﷺ put his forefinger on the ground & lift it then recited: (In the Name of Allah ﷻ, soil of our land, with the saliva of some of us, our sick person will get well after the permission of our Lord) & use to apply on the wound.

Nabi ﷺ's guidance about soil of Madinah: -

The soil of Madinah used: -

1. Narrated by A'isha رضى الله عنها that Nabi ﷺ used to recite for the patient (who had a wound & use to recite the below Dua on the sand & mixe it with His ﷺ saliva wound):

بِسْمِ اللَّهِ، تُرْبَةُ أَرْضِنَا، بِرِيقَةِ بَعْضِنَا، لِيُشْفَى سَقِيمُنَا، بِإِذْنِ رَبِّنَا

In the Name of Allah ﷻ, The earth of our land & the saliva of some of us cure our patient.*[Bukhari: 5745; Book. 76; English vol. 7; Book. 71; Hadees. 641]*

2. Narrated by A'isha رضى الله عنها that Nabi ﷺ used to read in this Ruqyah:

بِسْمِ اللَّهِ تُرْبَةُ أَرْضِنَا بِرِيقَةُ بَعْضِنَا لِيَشْفِيَ سَقَمَنَا بِإِذْنِ رَبِّنَا

In the Name of Allah ﷻ" The earth of our land & the saliva of some of us cure our patient with the permission of our Lord. With a slight shower of saliva while treating with a Ruqyah.
[Bukhari: 5746; Book. 76; English vol. 7; Book. 71; Hadees. 642]

The soil of Madina is a cure from leprosy: -

3. Narrated by al-Zubair ibn Bakkar in Akhbar al-Madinah, Abu Nu`aim in al-Tibb al-Nabawi, Ibn al-Sunni & al-Rafi`i in Akhbar Qazwin there is cure for leprosy in soil of Madinah.

Science & Hadees regarding soil & human saliva: -

In the above Hadees Nabi ﷺ took His Saliva on the Forefinger then He ﷺ put it on the soil & wipe on the wound place, this above Hadees shows the Prophet ﷺ's miracle, which is evidence of healing by using soil & saliva.
Researches on anti-microbial activity of certain bacteria & fungi isolated from soil mixed with human saliva against pathogenic microbes causing dermatological diseases by Huda Mohammed Ahmed Shaikh at Open Access funded by King Saud University.
Soil samples *(collected from Al-Madina Al-Monawara, Kingdom Saudi Arabia)* were mixed with human saliva, incubated in media suitable for bacterial & fungal growth & filtered. Eighteen bacterial & five fungal species were isolated & identified. The bacterial & fungal filtrates as well as the isolated species were evaluated for their antimicrobial activities against some pathogenic microbes causing dermatological diseases (*Staphylococcus aureus*, methicillin resistant *S. aureus* (MRSA) & *Aspergillus niger*). The bacterial filtrate showed significant antagonistic effect against *S. aureus*& methicillin resistant *S. aureus* (MRSA), whereas showed non inhibitory action on the pathogenic fungus.

In contrast, the fungal filtrate antagonized the growth of the pathogenic fungus (A. niger) & did not produce any inhibitory effect on the two tested pathogenic bacteria. The isolated bacterial species showed different levels of antagonistic activities against the three tested microbes. Bacillus subtilis was described as potent isolate against the three pathogens, followed by Esherichia coli. However, Bacillus megaterium strongly inhibited the growth of the pathogenic bacteria only. On the other side, all the fungal filtrates of the isolated species, except Cochliobolus lanatus showed antagonistic activity against the pathogenic fungus (A. niger). The filtrate of Fusarium oxysporum & Emericella nidulans counteracted the growth of S. aureus, whereas, the growth of MRSA was inhibited only by the filtrate of E. nidulans by the words of our respected Prophet ﷺ (as any person complaint for a wound or an ulcer, the Messenger of Allahﷺ use to put His Forefinger on the ground & lift it then use to recite:

بِسْمِ اللهِ تُرْبَةُ أَرْضِنَا بَرِيقَةُ بَعْضِنَا لِيَشْفِيَ سَقَمَنَا بِإِذْنِ رَبِّنَا

In the Name of Allahﷻ, soil of our land, with the saliva of some of us, our sick person will get well after the permission of our Lord

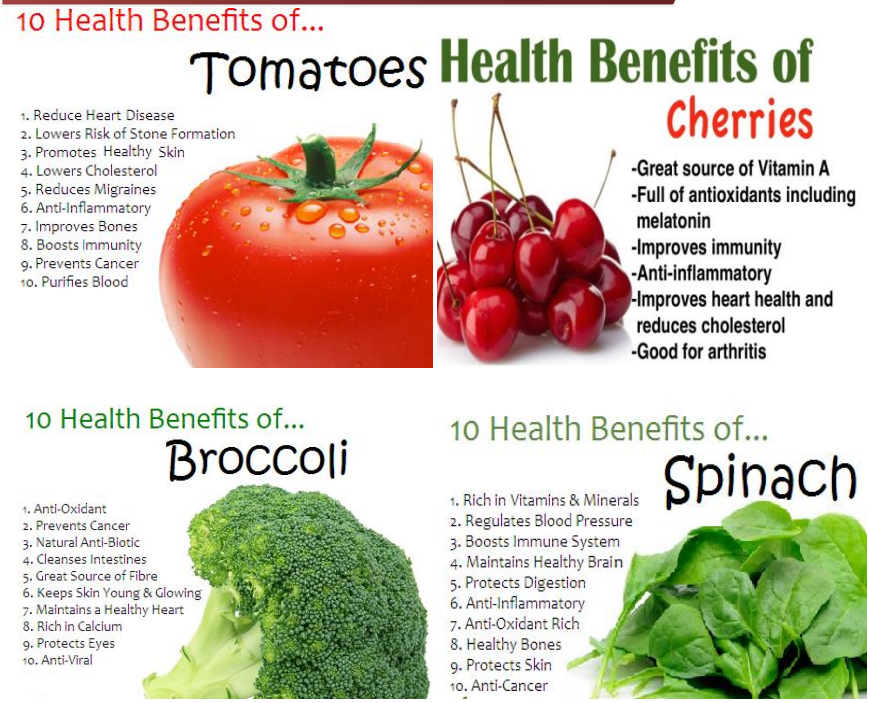
Conclusion of Hadees: -

Nabi ﷺ used His ﷺ saliva & soil of Madinah to heal wound, lesion along with Dua.*.....This lesson has 3 Hadees.....*

Names of Prophet Muhammad ﷺ

مُحَمَّدٌ 1. Muhammad Highly praised	اَحمَدٌ 2. Ahmad Most commendable	حَامِدٌ 3. Hamid Praising	مَحمُودٌ 4. Mahmud Praised	قَاسِمٌ 5. Qasim A distributer
عَاقِبٌ 6. Aqib Following, The Last	فَاتِحٌ 7. Fatih Conqueror Opener,	شَاهِدٌ 8. Shahid Witness	حَاشِرٌ 9. Hashir Who Gathers People	رَشِيدٌ 10. Rashid Well Guided
مَشهُودٌ 11. Mashhud Witnessed	بَشِيرٌ 12. Bashir Bringer of Good Tidings	نَذِيرٌ 13. Nadhir Warner	دَاعٍ 14. Da'i Caller	شَافٍ 15. Shafi Healer
هَادٍ 16. Hadi He Who Guides Right	مَهدِيٌّ 17. Mahdi He Who Is Well Guided	مَاحٍ 18. Mahi He Who Wipes Out (infidelity)	مُنجٍ 19. Munji He Who Saves Delivers	نَاهٍ 20. Naji Safe
رَسُولٌ 21. Rasul Messenger	نَبِيٌّ 22. Nabi Prophet	اُمِّيٌّ 23. Ummi Unlettered	تِهَامِيٌّ 24. Tihami From the Tihama	هَاشَمِيٌّ 25. Hashimi Family of Hashim

Lesson no. 78 Chart of health benefits of eatables: -



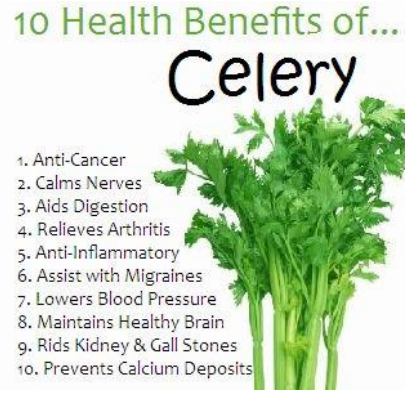
Health Benefits of Bitter Melons (Gourd)
Diabeter Management
Digestive Problems
Heart Health
Anti-Cancer Properties
Anti Ageing
Skin Infections
Regulates Blood Flow
Hair Health

10 Health Benefits of...
Carrots
1. Improves Skin
2. Improves Digestion
3. Improves Kidney Function
4. Reduces Incidences of Stroke
5. Maintains a Healthy Heart
6. Improves Liver Function
7. Anti-Bacterial & Viral
8. Great for Eye Health
9. Healthy Teeth
10. Anti-Cancer
EatHealthy

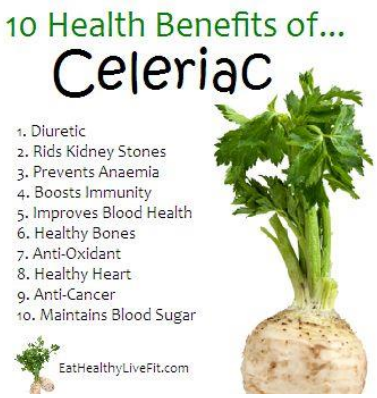
10 Health Benefits of...
Blackberries
1. Healthy Immunes System
2. Healthy Digestive Tract
3. Assists with Diabetes
4. Cancer Prevention
5. Blood Cleansing
6. Healthy Bones
7. Healthy Heart
8. Healthy Eyes
9. Healthy Skin
10. Antioxidant
eathealthylivefit.com

Health Benefits of Raspberries
Rich Source of Vitamins & Minerals
Energy Rich Fruit
Prevents Cancer
Helps in Weight Loss
Lowers Heart Diseases
Skin Care
Control Tumor Growth
Helps in Diabetes Management
Keeps Your Eye Healthy
Strengthens Immune System
Healthy Muscle Function

10 Health Benefits of...
Cauliflower
1. Assists Kidney & Bladder Disorders
2. Contains Many Beneficial Minerals
3. Improves Healthy Cell Growth
4. Blood and Liver Detoxifier
5. Healthy Cholesterol Level
6. Reduce Cancer Risk
7. Purifies Blood
8. Anti-Oxidant
9. Rich in Fibre
10. Anti-Cancer


10 Health Benefits of...
Celery
1. Anti-Cancer
2. Calms Nerves
3. Aids Digestion
4. Relieves Arthritis
5. Anti-Inflammatory
6. Assist with Migraines
7. Lowers Blood Pressure
8. Maintains Healthy Brain
9. Rids Kidney & Gall Stones
10. Prevents Calcium Deposits

10 Health Benefits of...
Silverbeet
EatHealthyLiveFit.com
1. Boosts Immune System
2 Protects Digestion
3. Protects Eyes
4. Bone Building
5. Anti-Oxidant Rich
6. Anti-Inflammatory
7. Healthy Brain Function
8. Healthy Nervous System
9. Rich in Vitamins & Minerals
10. Regulates Blood Pressure


10 Health Benefits of...
Celeriac
1. Diuretic
2. Rids Kidney Stones
3. Prevents Anaemia
4. Boosts Immunity
5. Improves Blood Health
6. Healthy Bones
7. Anti-Oxidant
8. Healthy Heart
9. Anti-Cancer
10. Maintains Blood Sugar
EatHealthyLiveFit.com

10 Health Benefits of...
Lemons & Limes
eathealthylivefit.com
1. Assists Nervous System
2. Healthy Heart
3. Detoxify Your Body
4. High in Anti-Oxidants
5. Relieves Constipation
6. Lowers Blood Pressure
7. Induces Good Sleep
8. Highly Alkalizing
9. Anti-Viral
10. Relieves Heartburn

10 Health Benefits of...
Kiwi Fruit
1. Protects Cardiovascular System
2. Protects Respiratory System
3. Provides Digestive Enzymes
4. Manages Blood Pressure
5. Remove Excess Sodium
6. Supports Pregnancy
7. Boosts Immunity
8. Prevents Cancer
9. Protects Eyes
10. High in Fibre

10 Health Benefits of...
Brussels Sprouts
EatHealthyLiveFit.com
1. Anti-Oxidant
2. Anti-Cancer
3. Anti-Bacterial & Viral
4. High in Vitamin C
5. Great Source of Fibre
6. Anti-Inflammatory
7. Maintains a Healthy Heart
8. Healthy Bones
9. Promotes Healthy Brain
10. Protects Eyes

10 Health Benefits of...
Apricots
1. Protect from Cancer
2. Improves Heart Health
3. Prevents Anaemia
4. Improves Digestion (Laxative)
5. Promotes Eye health
6. Promote Skin health
7. Promotes Weight loss
8. Natural Sweetener
9. Improves Bone Health
10. Maintain Electrolyte

10 Health Benefits of...
Mangoes
1. Combats Acidity
2. Blood Cleanser
3. Good for Normalising Insulin Levels
4. Promotes Good Eyesight
5. Lowers Cholesterol
6. Clears Skin
7. Prevents Cancer
8. Repairs Poor Digestion
9. Boosts Immune System
10. Heat Stroke Remedy

10 Health Benefits of...
Pineapple
Fight Many Diseases .1
Rich in Anti-Oxidants .2
Helps Break Down Food .3
Maintains Strong Bones .4
Prevents Coughs & Colds .5
Reduces Hypertension .6
Anti-Inflammatory .7
Rich in Vitamin A .8
High in Vitamin C .9
Low in Calories.10

Health Benefits of Peaches
~ Helps Prevent Breast Cancer
~ Wards-off Obesity & Diabetes
~ Fights Skin Damage & Reduces Wrinkles
~ Lowers Bad Cholesterol
~ Reduces Hair Loss
~ Prevents Kidney Stones
~ Helps Cure Constipation
~ Aids in Weight Loss

Health Benefits of
Kaala Jeera
• Helps to stop bleeding from the gums
• Cures mouth ulcers
• Reduces foul smell
• Heals aching part of the body

10 Health Benefits of...
Sugar Snap Peas
1. Full of Vit. C
2. Vit. K Source
3. Boosts Energy
4. Rich in B-Vitamins
5. Assists Weigh Management
6. Anti-Inflammatory
7. Good Iron Source
8. Healthy Bones
9. Full of Fibre
10. Anti-Oxidant
EatHealthyLiveFit.

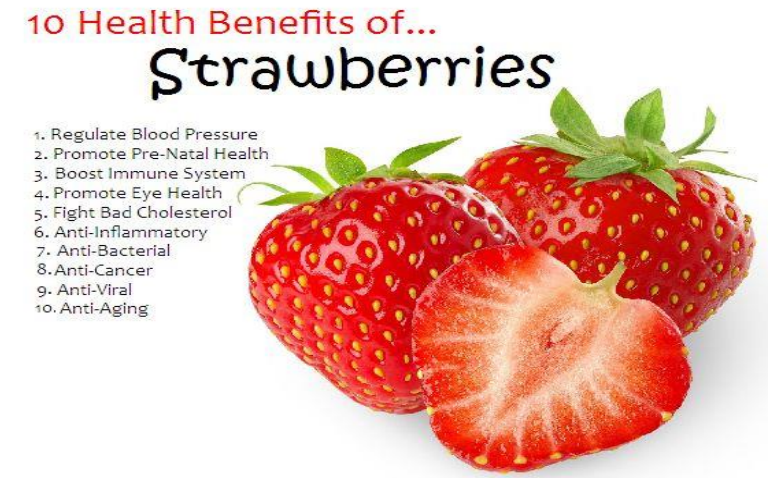
10 Health Benefits of...
Broad Beans
1. Helps Metabolism
2. Prevent Cancer
3. High in Protein
4. Source of Iron
5. High Fibre Content
6. Lowers Cholesterol
7. Parkinson's Prevention
8. Great Source of Folate
9. Lowers Blood Pressure
10. Aid Weight Management
EatHealthyLi

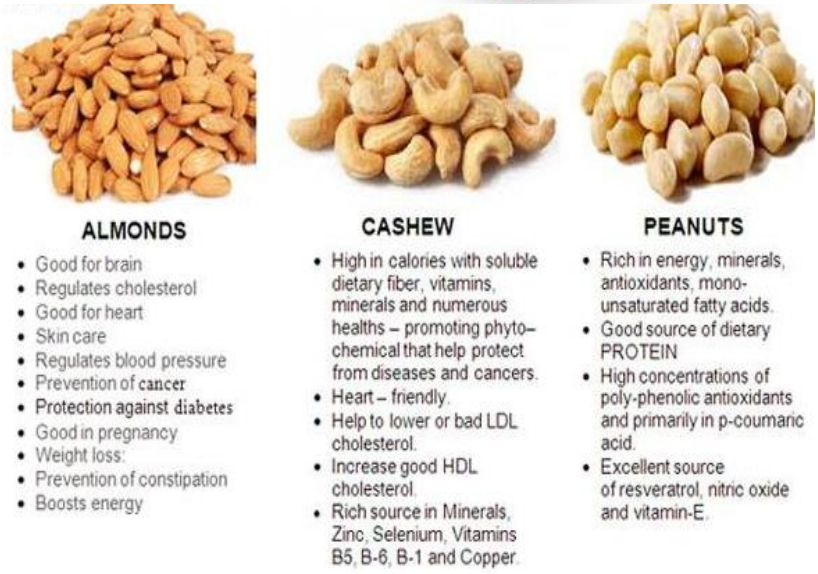
10 Health Benefits of...
Oranges
1. Full of Vitamins & Minerals
2. Protects Cardiovascular System
3. Keeps Teeth & Bones Healthy
4. Regulates Blood Pressure
5. Lowers Cholesterol
6. Protects Kidneys
7. Fights Infections
8. Protects Skins
9. Purifies Blood
10. Full of Fibre

Fat free
Low calorie
Cholesterol free
Full of electrolytes
Hydrating
Contains calcium, potassium,
Anti-bacterial, Anti-fungal
B complex vitamins
Vitamin C
Reduces food cravings
Diuretic
Reduces risk of kidney stones
COCONUT WATER
manganese, magnesium
Alkalising
Boosts metabolism
Aids weight loss
Full of enzymes to aid in digestion
Cools the body
Kills intestinal worms
Soothes urinary tract infections
Urinary antiseptic
ascensionkitchen.com

Papaya Leaf Juice for DENGUE FEVER

PAPAYA LEAF & THE DIGESTIVE SYSTEM
GLUTEN INTOLERANCE
HEART BURN
INDIGESTION
BLOATING
CONSTIPATION
WATER RETENTION
INTESTINAL CRAMPS
IRRITABLE BOWL SYNDROME


10 Health Benefits of...
Strawberries
1. Regulate Blood Pressure
2. Promote Pre-Natal Health
3. Boost Immune System
4. Promote Eye Health
5. Fight Bad Cholesterol
6. Anti-Inflammatory
7. Anti-Bacterial
8. Anti-Cancer
9. Anti-Viral
10. Anti-Aging


ALMONDS
Good for brain
Regulates cholesterol
Good for heart
Skin care
Regulates blood pressure
Prevention of cancer
Protection against diabetes
Good in pregnancy
Weight loss
Prevention of constipation
Boosts energy
CASHEW
High in calories with soluble dietary fiber, vitamins, minerals and numerous healths – promoting phyto–chemical that help protect from diseases and cancers.
Heart – friendly.
Help to lower or bad LDL cholesterol.
Increase good HDL cholesterol.
Rich source in Minerals, Zinc, Selenium, Vitamins B5, B-6, B-1 and Copper.
PEANUTS
Rich in energy, minerals, antioxidants, mono-unsaturated fatty acids.
Good source of dietary PROTEIN
High concentrations of poly-phenolic antioxidants and primarily in p-coumaric acid.
Excellent source of resveratrol, nitric oxide and vitamin-E.

Walnuts Health Benefits
1) Rich in Protein
2) Brain Food
3) Ease Constipation
4) Help You Get Sound Sleep
5) Improves Heart Health
6) Quick Weight Loss
7) Increase Sperm Count
8) Reduce Stress Level

10 Health Benefits of...
Prunes
1. Assists Iron Absorption
2. Good Vitamin C Source
3. Normalise Blood Sugar
4. Prevents Over-eating
5. Lowers Cholesterol
6. Improve Bone Health
7. Protects Intestines
8. Disease Protection
9. Natural Laxative
10. Anti-Oxidant
EatHealthyLiveFit.com

Cancer Fighting Foods
Green tea
Blackberries
Blueberries
Lemon
Apples
Kale
Ginseng
Ginger
Turmeric
Cinnamon
Artichokes
Garlic
Tomato
Olive oil
Pomegranate
Green leafy-vegetables
Cauliflower
Avocado
Nuts & Seeds
Broccoli
Mushrooms

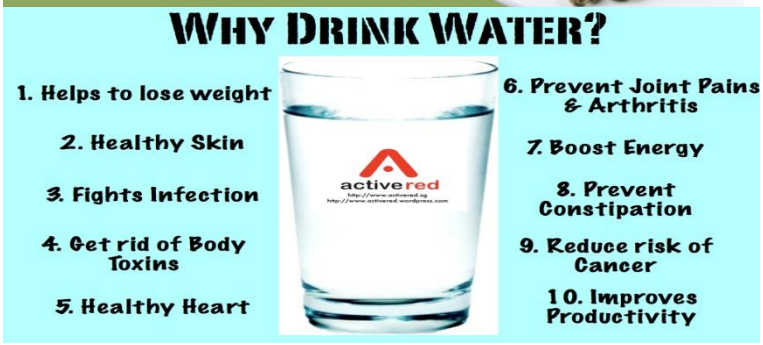
Cancer Fighting Foods

Top 13 Benefits
Of Drinking Coconut Water
Weight Loss
Healthy Skin
Reduce Pigmentation
Helps in Digestion
Recover From Hangovers
Prevents Kidney Stones
Relief From Headache
Boosts Hydration
Benefits Hair Growth
Strengthens Bones
Relief from Muscle Cramps
Counter-acts Against Bloating
Assists Persons Diagnosed With Diabetes
LIVE a little LONGER

Green Tea
• Fights cancer
• Lowers cholesterol
• Prevents cavities
• Protects against heart disease
• Speeds metabolism
• Prevents diabetes
• Antiviral agent
• Maintains a healthy circulatory system
• Strengthens tooth enamel
• Reduces plaque and bacteria in your mouth
• Prevents dementia
• Full of antioxidants
• Prevents food poisoning
• Gives healthy skin
• Prevents bad breath
• Detoxifies

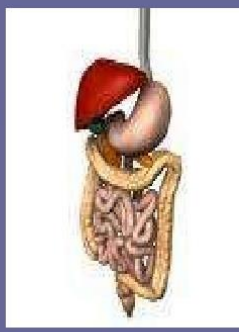
Health Benefits of
Green Beans
-Boost immunity.
-Good sources of Vitamin A, C & K.
-Rich in fiber.
-Control blood sugar levels beneficial for diabetes.
-Good source of folate.
-Lowers high blood pressure.
-Promotes cardiovascular health.

Green Coffee Bean
Health Benefits
High Level of Antioxidants
Metabolism Boosters
Powerful Appetite Suppressant
Enhanced Energy Levels
Lowers Blood Sugar and
Cholesterol


WHY DRINK WATER?
1. Helps to lose weight
2. Healthy Skin
3. Fights Infection
4. Get rid of Body Toxins
5. Healthy Heart
activered
6. Prevent Joint Pains & Arthritis
7. Boost Energy
8. Prevent Constipation
9. Reduce risk of Cancer
10. Improves Productivity

Harmful Effects Of Junk Food

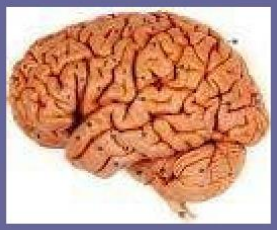
- **Gastro-Intestinal Ailments:**
- Bloating of Stomach
- Hyper Acidity
- Stomach & Duodenal Ulcers
- Nausea & Vomiting
- Poor Appetite
- Oral Thrushes & Stomatitis



Harmful Effects Of Junk Food

- **Intellectual & Mental Disturbances**

- Lack of Concentration
- Headaches
- Increased Irritability
- Early Fatigue



Please send your feedback about the book on my email: -
doctor.shakeelshamsi@gmail.com
The end of part 2.